

BEST FOR SPORT, SKY & STREAMING

**MORE
CHANNELS**
THAN ANY OTHER
TV MAG!

15-21 FEBRUARY 2025

TV & Satellite week



NEW

ZERO DAY

Robert De Niro

gives us the low-down!

NEW

REACHER

The muscled hero returns to fight a deadly foe



NEW

THE WHITE LOTUS

It's murder in Thailand!

England/
Wales
Issue 07/496

PREMIERE

**PADDINGTON
IN PERU**

The big movie
comes to TV



HotList This week's 28

Saturday 15



Premier League

FOOTBALL TNT Sports1, Sky Sports Main Event & Sky Sports Premier League

Today's top-flight action kicks off with Leicester v Arsenal at the King Power Stadium (k-o 12.30pm), before Crystal Palace v Everton (k-o 5.30pm).



We Love Bridget Jones: All the Laughter & More

DOCUMENTARY Channel 5, 8.30pm

As *Bridget Jones: Mad About the Boy* hits cinemas, we can take a look at the lasting appeal of the character played by Renée Zellweger (above) since 2001.



Songs Inspired by the Movies at the BBC

MUSIC BBC2, 8.35pm

The Beeb opens its archive to pick out musical performances with links to the cinema, including *Blue Velvet* sung by Bobby Vinton (above) on *Wogan* in 1990.



The Jonathan Ross Show

CHAT SHOW ITV1, 9.35pm

Fresh from *The Masked Singer* final earlier this evening (7pm, ITV1), Jonathan Ross (above) is back in the hot seat to chat to guests including actor Christina Hendricks and comic Chris McCausland.

Full listings start on p35

Sunday 16



Premier League

FOOTBALL Sky Sports Main Event & Sky Sports Premier League

A double-header of action, with league leaders Liverpool taking on Wolves (k-o 2pm) and Tottenham battling it out with Manchester United (k-o 4.30pm)



BAFTA Film Awards

AWARDS BBC1, 7pm

Nominees include Hugh Grant, who is up for Leading Actor for *Heretic*, 30 years after he won the same award for *Four Weddings and a Funeral*. David Tennant (above) hosts. See feature, page 12



Escaping Utopia

DOCUMENTARY BBC2, 9pm

(10pm, Wales) (box set, BBC iPlayer) This three-part series explores New Zealand's Gloriavale Christian Community, with former members breaking their silence and questioning the sect's activities.



Murder in the Skies: Who Downed MH17?

DOCUMENTARY National Geographic, 9pm & 10pm

Amateur sleuths investigate the mystery surrounding Malaysia Airlines flight MH17, which crashed in Ukraine in 2014.

Full listings start on p45

Monday 17



EastEnders: 40 Years on The Square

DOCUMENTARY BBC1, 8pm

Ross Kemp (above), best known for his role as Grant Mitchell in the BBC soap, presents this documentary looking at some of Walford's groundbreaking storylines.



Batch from Scratch: Cooking for Less

COOKERY C4, 8pm

Joe Swash teams up with Suzanne Mulholland, also known as The Batch Lady, for this series which promises to cut your weekly meal prep to just one hour.



Two Men on a Bike

TRAVELOGUE More4, 9pm

Comedians David Baddiel and Hugh Dennis (both pictured), who have been friends since their *Mary Whitehouse Experience* days, embark on a cycling trip across France. See feature, page 11



The White Lotus

COMEDY DRAMA Sky Atlantic, 9pm

The anthology series returns for a third outing, with a new destination – a swanky resort in Thailand. Natasha Rothwell reprises her role as spa manager Belinda from Season 1. See feature, page 6

Full listings start on p55

Tuesday 18



Court of Gold

DOCUMENTARY Netflix

Six-part sports documentary following the men's basketball teams from the USA, Canada, Serbia and France as they battle for gold and glory at the 2024 Olympic Games in Paris.



F1 75 Season Launch

MOTORSPORT Sky Showcase, Sky Sports Main Event & Sky Sports F1, 8pm

To mark Formula One's 75th anniversary, a launch event is being held at London's O2, where the 10 teams and 20 drivers kick off the campaign in style.



Champions League

FOOTBALL Prime Video, kick-off 8pm

Celtic goalkeeper Kasper Schmeichel (above) will need to be on form in Germany as his team face Bayern Munich – and free-scoring England striker Harry Kane – in the second leg of their play-off.



The Real Unforgotten

DOCUMENTARY ITV, 9pm (box set, ITVX)

Following the start of cold-case drama *Unforgotten*'s new series last week, this two-part documentary takes a look at the real-life murder of Carol Morgan in 1981. See Documentaries, page 20

Full listings start on p65

best shows

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Wednesday 19



Rob Peace

DRAMA Paramount+

Chiwetel Ejiofor (above, right) wrote, directed and stars in this drama about a Yale graduate who turns to drug dealing to help pay his jailed father's legal fees. Also on Sky Premiere, Thu, 12pm & 8pm.



Win or Lose

ANIMATION Disney+

From Pixar, the studio famous for features such as *Toy Story* and *Inside Out*, comes this, their first original animated TV series, about a school softball team, and the events leading up to a big game.



Champions Trophy

CRICKET Sky Sports Main Event & Sky Sports Cricket, play starts 9am

The 50-over tournament returns to the cricket calendar after eight years. Hosts Pakistan, the last team to win in 2017, open the event against New Zealand.



Champions League

FOOTBALL TNT Sports, kick-off 8pm

Who would have thought it would come down to this? Manchester City, the 2023 champions, travel to current holders Real Madrid in this play-off second leg, with only one going through to the round of 16.

Full listings start on **p75**

Thursday 20



Zero Day

THRILLER Netflix

Robert De Niro (above) heads a stellar cast in this six-part thriller, starring as a highly respected former US President tasked with investigating a devastating cyberattack. See *Your Watchlist*, page 14



Reacher

DRAMA Prime Video

Alan Ritchson (above) returns as Lee Child's former military cop for a third season, going undercover to rescue an informer who is being held by a figure from Reacher's past. See *feature*, page 4



James May's Great Explorers

DOCUMENTARY Channel 5, 9pm

The broadcaster (above) sorts the fact from fiction in the legend of explorer Sir Walter Raleigh – and the events that led to his downfall. See *Documentaries*, p21



Vesper

SCI-FI Film4, 9pm

Set in a dystopian future, where genetic technology has triggered the collapse of the Earth's ecosystem, teenager Vesper (Raffiella Chapman, above) must use her wits to survive. See *review*, page 23

Full listings start on **p85**

Friday 21



A Thousand Blows

DRAMA Disney+

This drama set in Victorian London follows Hezekiah Moscow, newly arrived from Jamaica, who enters the world of illegal boxing. Stars Malachi Kirby and Stephen Graham (above). See *feature*, p8



Surface

THRILLER Apple TV+

As the psychological thriller returns, amnesiac Sophie (Gugu Mbatha-Raw, above) travels to London to look into a possible connection to a beautiful heiress. See *Your Watchlist*, page 17



Extraordinary Portraits with Bill Bailey

FACTUAL BBC1, 7.30pm (not Wales)

Former England goalie David James (above, right) paints Gill Sayell, who represented England at the unofficial Women's World Cup in 1971.



Women's Nations League

FOOTBALL ITV1, k-o 7.45pm

England travel to Portugal for their first game of the campaign, and they will be keen to gain as much of an advantage as possible after missing out on the finals stage last year. See *Sport Week*, page 28

Full listings start on **p95**



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Jack Reacher is back for a third season, with Alan Ritchson's action hero facing a new job – and a new mission

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JACK'S BACK!



Muscle-bound crime-fighter **Reacher** returns to face a formidable foe

NEW ACTION DRAMA

Reacher

From Thursday 20 February, Prime Video (three eps from Thu 20 Feb, then weekly)

With his 6ft 3in frame and bulging biceps, TV tough guys don't come more ripped than Jack Reacher. But as the former military police officer embarks on a third season of moody misadventures this week, is the hulking, taciturn drifter about to meet his match?

In episode one of the returning drama, Reacher (Alan Ritchson) is offered a job by businessman Zachary Beck (Anthony Michael Hall) after saving his son's life. But overseeing security at Beck's palatial home is 7ft 2in brute Paulie, who takes an immediate dislike to the new recruit.

'Paulie is the most formidable opponent Reacher faces in Lee Child's original books,' reveals Ritchson, 42, whose character, inevitably, comes to blows with the bearded bodyguard.

'I hope these fights feel impactful to the viewers, because they pushed us to the brink,' he adds. 'We don't always hit each other hard in the face, but sometimes we

do it by accident. I got clocked a couple times.'

Reacher has become a mega-hit around the world since it debuted in 2022, and Season 2 was Prime Video's most-streamed programme of 2023. So, no wonder Dutch bodybuilder Olivier Richters didn't think twice about joining the cast as man-mountain Paulie.

CHALLENGING ROLE

Having previously been typecast because of his physical stature, Richters, who appeared in *Indiana Jones and the Dial of Destiny*, relished the opportunity to play a more complex character.

'I was often typecast in giant roles, where I mostly kicked or shouted,' admits Richters, 35. 'So when I got the opportunity to audition for *Reacher*, I was excited. I wanted to be the first giant to communicate with a main actor, and *Reacher* gave me that opportunity. But honestly, I would have taken the role just for the chance to fight Reacher – who wouldn't want that?'

In the new run, Reacher tries to rescue an undercover DEA informant, while he is also reunited with his former army buddy Frances Neagley (Maria Sten), who enlisted his help in Season 2 when a former member of Reacher's Special Investigations Unit died in suspicious circumstances.

'They have this unspoken connection and intimacy, and we learn more about their bond and dynamic,' says Danish actor Sten, 35. 'The producers have done

a really good job of incorporating her into the narrative, setting up a nice platform for Neagley's world and life, but also revealing a little bit more about how Reacher and Neagley feel about each other.'

In fact, private investigator Neagley has become so popular with fans that a spin-off featuring the character is currently in the works, while a fourth season of *Reacher* will also be filmed later this year.

'She's such a wonderful character and I'm very excited for everyone to get to know her a little better,' says Sten, who has been overwhelmed by fan reaction to the show.

'I've been to Jordan, Kenya, Brazil, India – and everybody loves *Reacher*,' she adds. 'There's a basic universality to the character, the idea of the righteous avenger. It's nice escapism, and I think people are really wanting that these days.'



Alan Ritchson (left) stars as Jack Reacher



Olivier Richters (Paulie) and Anthony Michael Hall (Beck)



Maria Sten returns as Frances Neagley



**'Reacher is nice
escapism, and
people are
really wanting
that these days'**

MARIA STEN

CHILD'S PLAY

How Lee Child's Reacher novels have become a family affair...

Born Jim Grant, author Lee Child worked in TV production before becoming a novelist, publishing his first Reacher novel, *Killing Floor*, in 1997. The character has now featured in 28 novels and short stories, selling more than 100 million copies worldwide, and was previously portrayed by Tom Cruise in two feature films.

In 2020, Child announced he would hand over the book series to his younger brother Andrew, who's also a novelist, while he focused on Prime Video's TV adaptation. Since then, the siblings have collaborated on six Reacher novels.

According to Andrew, the siblings share a personality trait that feeds into the Reacher narrative. 'If we encounter a bully, we have no choice, we have to do something about it,' he reveals. 'And we have got ourselves in so much trouble over the years as a result of this!'



**Lee Child and
Andrew Child**

Meet the latest super-rich guests as **The White Lotus** moves to Thailand

NEW COMEDY DRAMA

The White Lotus

Monday, 9pm, Sky Atlantic

Set amid sun-kissed resorts in Hawaii and Sicily, the first two seasons of brilliant comedy drama *The White Lotus* saw guests and staff at the luxury hotel chain tangled up in toxic relationships, addiction and murder.

Now, as the anthology series relocates to Thailand for its third season, there's more trouble in paradise as a new batch of wealthy holidaymakers check in to the resort, which offers a menu of spa treatments while encouraging guests to lock their phones away and completely disconnect from the outside world.

'The new season will be much, much darker,' reveals Mike White, the writer-director of the Emmy-winning satire.

'The guests are all in some kind of hurt. Like, they're all dead, but they don't know it.'

NEW START

Among the privileged guests checking in are businessman Timothy Ratliff (Jason Isaacs) and his family, old

friends Kate (Leslie Bibb), Laurie (Carrie Coon) and Jaclyn (Michelle Monaghan), and the irascible Rick (Walton Goggins), with his girlfriend Chelsea (Aimee Lou Wood).

Meanwhile, Belinda (Natasha Rothwell), the spa manager from the *White Lotus*' Hawaii location, arrives on a work trip to learn everything she can from the resort's therapeutic treatment experts.

'An opportunity presents itself for Belinda to go to another *White Lotus* property and study with the massage teachers,' Rothwell, 44, tells *TV&Satellite Week*. 'Work brings her there, but she's actually staying at the resort, so she also experiences what it's like to be a guest.'

Viewers first met Belinda in Season 1 of *The White Lotus*, where she built a connection with ditzy and damaged millionaire guest Tanya (Jennifer Coolidge). Tanya

offered to bankroll Belinda in setting up her own wellness business, but later changed her mind, shattering Belinda's hopes.

'Tanya promised to underwrite her dreams, and having that fall through can devastate a person,' muses Rothwell. 'Belinda's been on a healing journey to try to build herself back up. She considers herself very spiritual, and after the devastation of Season 1, she's looking for meaning and purpose. Over the course of the series, we see her light up as she learns new things about her past.'

PHENOMENON

Rothwell had assumed that her involvement in the show was finished after filming concluded on the first season, so she was surprised and delighted when White contacted her about reprising her role – but she admits to feeling nervous about returning to the show.

'It was as if there was a small fire in season one, and then gasoline was thrown on it and it blew up *The White Lotus* into a cultural phenomenon,' says Rothwell. 'There were definitely nerves going in this time – the cast list is insane, so to be able to stand next to these acting

giants and be considered on their level is a huge personal ego boost

Filming for the third season took place in a number of resorts across Thailand, including the Four Seasons Koh Samui, and Rothwell was determined to make the most of the opportunity to explore her surroundings when she wasn't needed on set.

'I hadn't been before, and it was amazing, but nothing could have prepared me for the heat,' she says. 'A lot of the cast would return home if they had significant breaks in their schedule, but I don't want to switch my clock too often once I'm settled, so I chose to stay, and that allowed me to see a bit more of the country.'

'I'm so grateful to have had the opportunity. Thailand was on my bucket list of places I wanted to visit, so it was nice to cross that off in such an amazing way.'

Victoria Parker Posey

The stressed-out mother of the Ratliff clan is hoping that her kids stop sniping at each other long enough for her to relax.

Lochlan Sam Nivola

The Ratliffs' youngest son is a high school senior who's constantly caught in the middle of his elder siblings' squabbles.

Piper Sarah Catherine Hook

The Ratliffs' middle child is a religion studies major in college who suggested coming to Thailand as part of her research.

'The cast is insane, to stand next to these giants is a huge ego boost.'

NATASHA ROTHWELL

Five-



Timothy
Jason Isaacs

Victoria's husband is a successful businessman whose holiday is interrupted by a troubling call from a journalist.

Rick
Walton Goggins

The irritable, preoccupied holidaymaker, who doesn't fit the profile of a typical White Lotus guest, is travelling with his girlfriend

Chelsea
Aimee Lou Wood

Rick's free-spirited English girlfriend is eternally optimistic and doesn't understand why he can't relax and enjoy their holiday in paradise.

Saxon
Patrick Schwarzenegger

The oldest child of the Ratliffs works for his father's business and is primarily focused on finding attractive women.

Belinda
Natasha Rothwell

The spa manager of The White Lotus in Hawaii is on a work trip to explore the Thai resort's acclaimed wellness program

Gaitok
Tayme Thapthimthong

A security guard at the resort and a close friend of Mook's, he enjoys his job but wishes it was more exciting.

Laurie
Carrie Coon

One of three friends on a girls' trip, Laurie often feels like the odd one out with her more glamorous companions Jaclyn and Kate.

Jaclyn
Michelle Monaghan

A famous TV star, Jaclyn has paid for old school friends Laurie and Kate to join her at the resort for a long overdue reunion.

Mook
Lalisa Manobal

One of the resort's 'health mentors' whose job it is to ensure the guests achieve all of their wellness goals over the course of their stay.

Kate
Leslie Bibb

The well-heeled wife and mother is looking forward to reuniting with Jaclyn and Laurie and reconnecting with herself.

-star feuds

Stephen Graham packs a punch in a gritty period drama set in Victorian London

NEW DRAMA

A Thousand Blows

From Friday 21 February, Disney+

As *TV&Satellite Week* meets up with Stephen Graham at a fancy London hotel, the Liverpoolian actor is keen to share the origins of his new Disney+ drama, *A Thousand Blows*, which transports viewers into the brutal world of bare-knuckle boxing in Victorian London.

The 51-year-old actor recalls how he was working on *Peaky Blinders* when his wife – actor and producer Hannah Walters – suggested that the show's creator, Steven Knight, might like to be involved in the new project.

'I thought there was no chance, but she sent Steven the idea anyway,' smiles Graham. 'And four days later he told us he'd love to write it.'

Packed with crime and violence, the story of real-life fighter Henry 'Sugar' Goodson proved too tempting for Knight to resist and he quickly penned a six-part drama drenched in blood, sweat and tears.

FIGHTING CHANCE

The action begins in the 1880s as Hezekiah Moscow (Malachi Kirby) and his friend Alec Munroe (Francis Lovehall) arrive in East London from Jamaica with hopes of becoming lion tamers.

However, Hezekiah has always been handy with his fists and he soon finds himself being dragged into the world of illegal bare-knuckle boxing, an arena that has been dominated for many years by Sugar Goodson, played by Graham.

'Sugar is a survivor and like most of the people in this world, he's come through a lot of adversity,' explains the *Boiling Point* and *Line of Duty* star. 'He's had to fight for everything all through his life. He's a man of honour and he doesn't want change, but he's deeply traumatised by events in his past when he was trying to protect his younger brother.'

Henry 'Sugar' Goodson

Stephen Graham

The veteran brawler is the best fighter in the East End and comes up against a new rival in Hezekiah Moscow.

NEW FROM
Disney+

Mary Carr

Erin Doherty

The leader of the Forty Elephants gang has ambitious plans for a heist targeting those at the top of society.

Hezekiah's exploits in the ring soon make a showdown with Sugar inevitable, but the champion boxer isn't the only one who's noticed the tough-as-nails new arrival. He has also caught the eye of Mary Carr, the ambitious leader – the 'Queen' – of notorious female crime gang the Forty Elephants.

'The Forty Elephants was a real organisation and Mary Carr was a real woman,' says Erin Doherty, who plays her.

'I couldn't believe I'd never heard of them before, but to tell their story was amazing. Mary describes herself as an ordinary, decent criminal. She has a lot of pride in that and she takes it very seriously – because if she doesn't she's dead.'

SPECIAL CONNECTION

Mary and Sugar share a deep connection after first meeting in their youth, but their relationship grows ever more complicated

when Hezekiah becomes entwined in their lives.

'Sugar helped Mary get on her feet and that caring has never really gone away,' reveals Doherty, who will soon reunite with Graham in Netflix drama *Adolescence*. 'Mary is desperate for him to start boxing with gloves and move with the times. She knows if he doesn't, he'll get left behind.'

Although Graham had done a bit of boxing while growing up



Hezekiah Moscow

Malachi Kirby

The Jamaican comes to London to work in the zoo as a lion tamer, but finds the job isn't what he was promised.

WHO'S WHO

Edward 'Treacle' Goodson

James Nelson-Joyce

Treacle is worried about his elder brother Sugar and urges him not to fight Hezekiah.



William 'Punch' Lewis

Daniel Mays

Lewis runs Sugar's pub and acts as the MC during the illegal fights, which are held at the back of the venue.



Mr Lao

Jason Tobin

Originally from China, Mr Lao now runs the boarding house in London where both Mary and Hezekiah find lodgings.



Alec Munroe

Francis Lovehall

Hezekiah's friend is the first to step into the ring when he decides to fight Sugar's brother, Treacle.



Esme Long

Morgan Hilaire

A member of the Forty Elephants criminal gang, Esme is excited by plans for Mary's daring heist.



in Liverpool, he found the training regime for the role a very different kettle of fish.

'I had to train hard for this and it was all about bulking up and finding a style of how Sugar was going to fight,' he explains. 'We thought because of my size he'd be a bit like Mike Tyson – anything goes. It took ages to learn the choreography, and the actual fight scenes with Malachi took a long time to film – they were really heavy days!'

STORY OF THE WEEK

Soap Diary

This week's soaps at a glance



EASTENDERS

The Queen Vic explodes... and not everyone survives

» **It's EastEnders' 40th**

anniversary, and though there are four episodes across the week (including a live instalment on Thursday), all the action is set on the same day – Wednesday 19 February.

Billy and Honey are looking forward to their wedding, but other residents aren't feeling quite so jovial. Phil is crippled with depression, and Linda is terrified when she realises the depths of his despair. Meanwhile, Bianca runs into killer Reiss, and is determined to make him pay.

And then there's Cindy, who pulls a gun on the person she believes tried to kill her, only for a shock twist to turn the situation

completely on its head.

Outside in The Square, two dramatic showdowns trigger a series of events which ends with an explosion in The Vic. Panic ensues, especially for Sonia, who finds herself in labour in the middle of a disaster zone.

Not everyone makes it out of the pub alive. Who is off to Walford heaven?



» **PLUS** Viewers get to decide whether Denise stays with Ravi or reunites with Jack. To cast your vote, register for a BBC account at bbc.co.uk/account on or before 19 February. Voting opens at 8.30pm on 19 February at bbc.co.uk/EastEnders, and closes at 7.10pm on 20 February.

whattowatch.com/soaps

ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET



» Rob's life is on the line following a fall (above), arsonist Max is sent to prison, Eileen's sister Julie returns, Kevin has his cancer op, Abi begins therapy, Cassie continues to gaslight Ken, and newcomers Lou and Mick cause trouble.

EMMERDALE



» Last week's limo crash (above) leads to at least one person losing their life, Noah ends up in hospital after being mysteriously drugged, and Cain realises the time may have come to tell Moira that he cheated on her with Ruby.

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- ✗ Old shower rail and curtain
- ✗ Retro pink bathroom suite
- ✗ Dated taps and fixtures
- ✗ Tired floor vinyl
- ✗ Hard to clean grout

...to this!

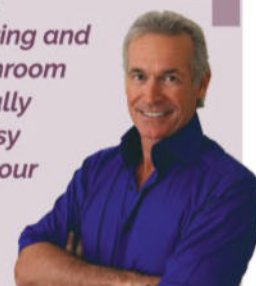


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NEW TRAVELOGUE

Two Men on a Bike

Monday, 9pm, More4

David Baddiel and Hugh Dennis first worked together on radio sketch show *The Mary Whitehouse Experience*, which transferred to TV, back in the 1980s. Now both in their early 60s, the old friends are saddling up for a four-part travelogue in which they spend two weeks cycling across France, from the Atlantic to the Mediterranean.

This week takes them from the west coast of France to the city of Bordeaux, the Garonne canal and a chateau, the former home of artist Henri de Toulouse-Lautrec – and it's fair to say their approaches to the pedalling challenge are somewhat different.

POWER PLAY

Keen cyclist Dennis, riding a traditional road bike, has cycled in France before. 'I rode the route of a stage of the Tour de France,' he reveals. 'It was about 190km up and down hills in the Pyrenees.'

Meanwhile Baddiel, who brings his own e-bike, admits the longest ride he's undertaken to date is slightly less impressive. 'I've cycled from my house in north London to Wembley Stadium, which is also in north London,' he says. 'It's about nine kilometres!'

And while Dennis is perfectly at home in Lycra, Baddiel, who insists on wearing a winter jacket in all weathers, is less sure about donning padded cycling shorts. 'It feels like you're wearing a nappy!' he complains as the pair set off.



Baddiel and Dennis on a canal path

As they ride along together, chatting about everything from dadhood to death, the pair also reflect on their long road to TV stardom.

TANDEM TAKEOFF

'We were both in the Cambridge Footlights,' recalls Baddiel. 'I remember the first sketch I saw Hugh doing, and it was funny. And from there I thought, "I might do that as well!"'

It turned out to be a good decision, as Baddiel found fame with fellow comics Rob Newman and Frank Skinner. Meanwhile, Dennis formed a long-term working partnership with Steve Punt and went on to star in sitcoms including *Outnumbered*, where he acted opposite his partner Claire Skinner.

'We've played football together and done comedy together,' adds Baddiel. 'We've also driven across Africa together [in the BBC series

David Baddiel and Hugh Dennis reunite for a bike ride across France



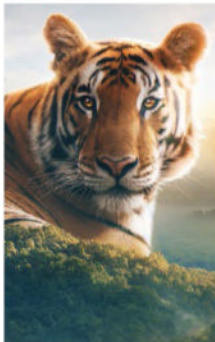
The pair enjoy some wine time

World's Most Dangerous Roads]. But two things we've not done – we've not cycled together, and we've not had sex!'

You liked...

Asia on BBC1

Sir **David Attenborough's** 2024 natural history series revealed the stunning wildlife of the world's largest continent. Highlights included tigers in Nepal's monsoon forests, red pandas eating kiwi fruit in the Himalayas, and a sperm whale calf trying to master the art of sleeping while vertical in the water.



Now try this...

The Americas on BBC1

Narrated by Tom Hanks, this upcoming natural history series, featuring music by Hans Zimmer, showcases the remarkable wildlife and landscapes found across the Americas – from Alaska to the Amazon. Five years in the making, the 10-parter features bison, wolves, black bears, pelicans, blue whales and many more fascinating creatures.



Look Who's Back...

A familiar face appearing in a new show this week

Micah Richards

NEW **MOBO Awards: Access All Areas**

Fri, 11.25pm, BBC1 (12.55am Scotland)



2025

Since retiring from football in 2019, former Manchester City and England defender Micah Richards has found a new career as a TV pundit, including appearances on *Match of the Day*. He presented the documentary *Micah Richards: Tackling Racism* in 2021 and currently stars in *A League of Their Own*, which, on Thursday (9pm, Sky Max & Sky Showcase), sees the team joined by former football boss Sean Dyche and boxer Tony Bellew.

HIS NEW APPEARANCE

This week, Richards will be on the red carpet at the MOBO Awards in Newcastle, where he's nominated in the Best Media Personality category. Co-hosted by *Strictly* contestant Eddie Kadi, the awards celebrate achievements in music of Black origin and also feature a Best Performance in a TV Show/Film category where Jasmine Jobs (*Top Boy*) and Jacob Anderson (*Interview with the Vampire*) are among the nominees.



Micah Richards

TV WEEK



David Tennant hosts BAFTA's starry, starry night

NEW AWARDS

BAFTA Film Awards

Sunday, 7pm, BBC1

Get ready for a night of glitz, glamour and great movies, as Hollywood's biggest names descend on London's Royal Festival Hall for the BAFTA Film Awards.

Coming ahead of next month's Oscars, the event – hosted for a second year by David Tennant – celebrates another stellar 12 months for cinema with political thrillers, compelling dramas and a certain spellbinding musical leading the nominations. Plus, actor Jeff Goldblum and Take That are set to perform live.

Here, Tennant, 53, tells us more...

Are you excited about hosting again?

Yes, it's a lark! Everything went past in a bit of a blur last year, but it was so much fun. It's a privilege to be part of the night, and to get another crack at something so exciting is a real joy. Luckily, this is not my day job – if it all goes wrong I will just go back to pretending to be other people.

Are you nervous?

It's quite an unnatural place to be, standing in front of a hall full of stars and seeing the most famous people in the world staring back at you. But it's probably more nerve-racking for the nominees, wondering if they're going to win a prize or not.

It's been a strong year for films with *Wicked*, *Conclave* and *Emilia Pérez* among the nominees...

There are very strong contenders and it feels like there are very few obvious frontrunners. So it's quite an open field, full of really good films. As host, I can't offer any opinions on the work but I'm enjoying this year's films hugely.

Will you attend the BAFTA after party?

There's a dinner but I tend not to make it to the real late-night stuff – it doesn't help being a parent and knowing the alarm will always go off at 6am! The only way I'd impress my kids by hosting the BAFTAs is if *Deadpool's* Ryan Reynolds turns up and I can get a selfie with him.

BATTLES OF THE BAFTAS

BEST FILM

Thriller *Conclave*, starring Ralph Fiennes (right), has the most nominations this year, with 12 – one more than musical crime drama *Emilia Pérez*. Both are up for Best Film alongside *Anora*, *The Brutalist*, and *A Complete Unknown*.



LEADING ACTRESS

Musical smash *Wicked* is 'flying high' with seven nominations, including a Leading Actress nod for Cynthia Erivo (far left with Ariana Grande). She's up against Demi Moore (*The Substance*, inset below), Marianne Jean-Baptiste (*Hard Truths*), Mikey Madison (*Anora*), Saoirse Ronan (*The Outrun*) and *Emilia Pérez* star Karla Sofia Gascón.

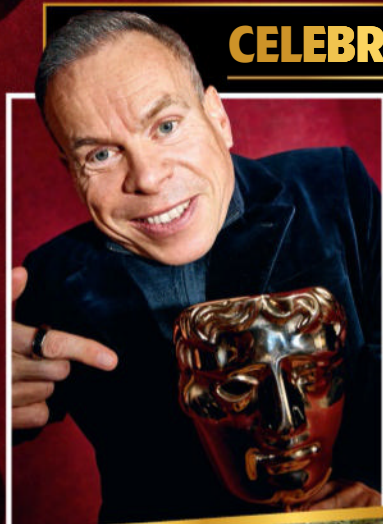


LEADING ACTOR

It's Donald Trump versus Bob Dylan as biopic stars Sebastian Stan (*The Apprentice*, right) and Timothée Chalamet (*A Complete Unknown*, far right) face competition from Adrien Brody (*The Brutalist*), Colman Domingo (*Sing Sing*), Ralph Fiennes (*Conclave*) and Hugh Grant (*Heretic*).



CELEBRATING WARWICK



It's a special night for national treasure Warwick Davis (left), as he receives the coveted BAFTA Fellowship award for outstanding contribution to film and TV.

Cast as Wicket the Ewok in 1983 *Star Wars* sequel *Return of the Jedi* (inset below left), the actor, comedian and presenter has also played the title role in fantasy adventure *Willow* (1988) and portrayed Professor Filius Flitwick in the Harry Potter franchise (2001-2011).

'The Fellowship is an honour for everyone living with dwarfism or any form of difference, reminding us that our uniqueness can be our greatest asset,' says Davis, 55. 'I look forward to continuing to inspire the next generation of storytellers to dream big.'



What else can I watch?

We search the TV schedules to uncover the shows you might have missed...



Virdee

Monday, 9pm, BBC1

In the opening episode of the crime drama, viewers were introduced to the turbulent personal life of cop Harry Virdee (Staz Nair), who was disowned by

his devout Sikh father, Ranjit, after Harry married local nurse Saima, a Muslim. This week, Ranjit is brought into hospital fighting for his life. But when Harry's mother, Jyoti, begs Saima not to tell her husband about Ranjit's health scare, will the nurse agree?



National Theatre Live: Othello

Tuesday, 9pm, Sky Arts

A new series of performances recorded live at London's National Theatre begins with Shakespeare's *Othello*, starring *Hamilton*'s Giles Terera in the title role as the military hero who's overcome by jealousy. *The Alienist*'s Rosy McEwen plays his wife Desdemona and Paul Hilton is villain Iago. Look out too for *EastEnders*' Tanya Franks as Desdemona's maid Emilia.

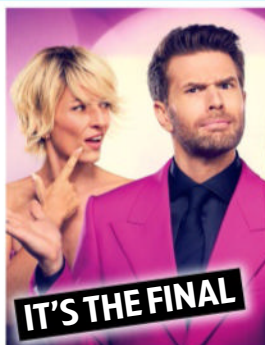
NEW



Father Brown

Friday, 2pm, BBC1

EastEnders and *Doctor Who* star Anita Dobson guest stars in *Father Brown* as Eunice Lytton, resident of an almshouse run by bullying warden Cormac Thorp. Eunice is at loggerheads with Cormac over the run-down state of the accommodation, so when he is found dead, she quickly comes under suspicion. However, then Father Brown's old friend Harold confesses to the murder...



The Masked Singer

Saturday, 7pm, ITV1

After weeks of crazy costumes and jaw-dropping unmaskings, Joel Dommett hosts *The Masked Singer*'s grand final. The last three contestants – Wolf, Dressed Crab and Puffer Fish – compete for the title while panellists Jonathan Ross, Davina McCall and Maya Jama are joined by last year's winner Danny Jones who replaces Mo Gilligan for the final. But can they guess the celebrities' identities?

IT'S THE FINAL



WATCHLIST

YOUR

NETFLIX

prime

BBC
iPLAYER

Disney+

4

sky
box sets

NOW

apple tv+

Robert De Niro
plays former president
George Mullen

PATRIOT GAMES

Robert De Niro has his first big TV role as a former US president in a twisty political thriller

President Evelyn Mitchell is played by Angela Bassett



Dan Stevens as journalist Evan Green



The best of **Netflix, Prime Video, Disney+** and more...

NETFLIX Zero Day

NEW Available: **Thursday 20 February** Genre: **Political thriller** Season: **1** Episodes: **6**

In a glittering career spanning 60 years, Hollywood legend Robert De Niro has starred in some of the greatest movies of all time. Now aged 81, the New Yorker could be forgiven for dialling down his work commitments. Instead, he is taking his first major role in a TV series as he headlines Netflix's much-anticipated six-part thriller *Zero Day*.

Leading an all-star cast, De Niro plays George Mullen, a former US president who's called out of retirement after a cyberattack results in thousands of fatalities and brings America to the brink of national disaster.

As chaos and conspiracy theories reign, current US President Evelyn Mitchell (Angela Bassett) assigns George to oversee the Zero Day Commission, tasked with investigating the global crisis. But with George secretly battling his own demons, is he the right man for the job?

We caught up with De Niro to ask him about his role...

You're a movie legend. Why were you interested in making a TV series?

I was talking to my agent about doing something in New York, so I could stay at home! I asked him if we could find something, maybe a limited series, and he introduced me to [*Narcos* showrunner] Eric Newman. Eric started sending me episode scripts every few weeks and that was it – I was in.

How would you describe your character

George when we first meet him? George is writing his memoirs. When you are not the president any more, you go into a kind of vacuum and find yourself without anything to do. After the presidency, there's a void because all of a sudden, you're not besieged by everybody, every minute of the day.

Why does Evelyn select George to head up the powerful Zero Day Commission?

He's chosen because he had a good reputation and is well respected. He was also a prosecutor, so he could be tough when he needed to be. He tells it straight, doesn't play games and would be honest about what's going on.

What challenges does he face along the way?

Absolute power can be dangerous. George is accused of crossing the line, but it's a desperate situation. You can see his dilemma and what he's going through.

There's also a question mark over his fitness to lead with viewers witnessing George experiencing memory loss and hallucinations...

The mystery part of the series is what George is going through mentally and personally, and what that means. It's a complicated situation. The twists and turns all feel very believable.

+ What we're watching...

The shows being enjoyed by the TVSW team



Prime Target

Genre: **Thriller** Season: **1**
Episodes: **8 (released weekly)**

In this stylish conspiracy thriller, brilliant Cambridge University mathematician Edward Brooks (*One Day's* Leo Woodall) finds himself in deadly danger after he's on the verge of discovering a pattern in prime numbers that would give him access to every computer security system in the world, including those of banks and governments. Quintessa Swindell co-stars as an operative for the NSA (America's National Security Agency) who teams up with Edward to uncover those out to destroy his research.

Disney+ High Potential

Genre: **Crime drama**
Season: **1** Episodes: **13 (released weekly)**

Kaitlin Olson (right) stars as a quirky cleaner with an exceptionally high IQ and forensic eye for detail who is hired by LAPD's Major Crimes unit as a consultant.



NETFLIX The Night Agent

Genre: **Thriller**
Season: **2** Episodes: **10**

In the second season of the action-packed espionage thriller, rookie FBI agent Peter Sutherland (Gabriel Basso, right) is feeling the pressure after experimental weapons fall into the wrong hands.



+ Now in production...

Three upcoming shows to look out for soon



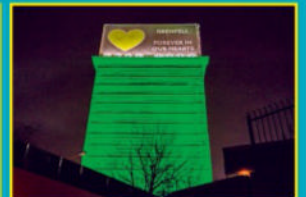
NETFLIX The Diplomat

In the third season of Netflix's political thriller, Bradley Whitford (above) joins as Todd, the husband of wily US president Grace Penn – portrayed by Whitford's former *The West Wing* co-star Allison Janney – as Grace takes up her place in the White House.



Apple TV+ Lucky

Annette Bening (above) will star as a sinister mob boss in Apple TV+'s drama, based on Marissa Stapley's novel, which sees Anya Taylor-Joy as a woman who grew up in a criminal family. But, to move on from her murky past, she must dabble with illegality for one last time.



NETFLIX Grenfell

Netflix's documentary will examine the events that led up to the fire on 14 June 2017 at Grenfell Tower in West London. Survivors, bereaved families and firefighters will share their harrowing memories of the tragedy, which claimed 72 lives.

WORDS: CAREN CLARK, JUDY EVANS, ELAINE REILLY PHOTOS: APPLE TV+, ©2025 DISNEY AND ITS RELATED ENTITIES, GETTY/NETFLIX

Ed Dwight today
and, inset, in 1963



Reach for the stars

The untold story of America's **Black space pioneers**

Disney+ **The Space Race**

NEW Available: **Friday 21 February**
Genre: **Documentary**

In 1961, Ed Dwight was an aeronautical engineer and US Air Force captain when he received a letter from the Pentagon, authorised by President John F. Kennedy, asking him if he'd like to become America's first Black astronaut.

But although Dwight underwent astronaut training with NASA, and was featured on the covers of magazines, he never got to achieve his dream. Instead, in 1963, NASA announced an all-white crew, famously known as the Mercury Seven, for America's first spaceflight program. So what happened?

PUSHING AGAINST BARRIERS

Now aged 91, Dwight features in new Disney+ documentary *The Space Race*, which tells the little-known stories of the first Black pilots, engineers and scientists who set their sights on becoming astronauts – but who were often thwarted by the racial injustice and discrimination of the time.

'Ed Dwight completed the courses for experimental test pilot and aerospace research at Edwards Air Force Base and he had the qualifications that his white peers did,' says co-director Lisa Cortés.



'He was an incredibly qualified Black person who was just in the wrong place at the wrong time. As he always says, if he had come around 20 years later, there would have been enough social progress that would have supported his visibility and his right to be considered.'

Thankfully, times eventually changed, and the film also features Guion Bluford, who became the first Black American in space in 1983, and includes archive footage of Ronald McNair, who tragically died in the *Challenger* disaster in 1986.

'It's a 20-year journey from Ed Dwight to Guion Bluford and during that time, America goes through tremendous change,' says Cortés. 'Following Apollo's journey to the moon in 1969, there is cultural change for African-Americans. So, by the time we get to Guion in 1983, the landscape looks very different in terms of access. But it is a very slow march.'

● *Previously shown on National Geographic*



Astronaut
Guion Bluford



Johanna (centre),
her dad Reijo (left)
and detective Ulla

NIGHT terrors

A teenage girl is suspected of a **gruesome ritual killing**

4 **Evilside**

NEW Available: **Friday 21 February** Genre: **Drama**
Season: **1** Episodes: **6**

If you liked the chilling, forbidding darkness of *True Detective: Night Country*, you might want to try Finnish noir crime drama *Evilside*, set in the isolated and snowbound far north of the country where a terrible murder has taken place.

The story follows the ritualistic killing of a teenage boy, Aapo, in a remote fishing village. As detective Ulla Penttinen (Amira Khalifa) arrives in the community to investigate, she discovers that God-fearing local residents are accusing one of Aapo's friends, bullied outsider Johanna (Olivia Ainali), who many believe is a Satan-worshipping killer.

Ulla, who is a specialist in cases involving teenagers, becomes convinced of Johanna's innocence and tries to uncover the truth. But as the killer threatens to strike again, can Johanna clear her name and stay alive?

'It's about growing up in a tight-knit community – and how it feels to be a teenager in a remote village, under the pressure from local people because you're a bit different,' says co-creator Aleksi Puranen.

'Together, Ulla and Johanna lead us through the twists and turns of the story and the series has an almost pagan feel,' he adds. 'Shooting during the midwinter, when the sun barely rises in Northern Finland, really added to that feeling too.'

Troubled waters

Sophie returns to London to piece together her past in *Surface*

Apple TV+ **Surface**

NEW Availability: **Fri 21 Feb** Genre: **Thriller**
Season: **2** Episodes: **8 (released weekly)**

Life has never been the same for Sophie Ellis since a ferry trip in San Francisco left her with a traumatic head injury and extreme memory loss. But as she tried to unravel the truth of her past, Sophie was left with more questions than answers in a thrilling journey of self-discovery.

We last saw Sophie (Gugu Mbatha-Raw) in the season-one cliffhanger faking her own death by supposedly jumping off the Golden Gate Bridge, only to flee to the UK in the pursuit of more clues about who she really is and what led up to her first apparent attempt at suicide on the ferry.

SILENCED BY EVENTS

This new eight-part season finds her in London, where she's embracing her old identity of Tess Caldwell while rubbing shoulders with British high society and reconnecting with her childhood friend, Eliza Huntley (Millie Brady), who has been haunting her fragmented memories.

But when journalist Callum Walsh (Gavin Drea) contacts her out of the blue, Sophie discovers that she was about to expose staggering secrets about her new acquaintances before her life took an unexpected turn.

'Sophie has been grappling with her identity and piecing together the duality of Sophie and



Gugu Mbatha-Raw as Tess, aka Sophie

Tess, but this season delves more into her family and what made her this way,' says Mbatha-Raw, 41. 'The danger also accelerates and there'll be more of a thriller pace as Sophie is more empowered and is now on the run.'

'We first met Sophie in such a fragile, vulnerable

state, so it's such an interesting turn as she takes the reins of her own life.'

FRIENDS OR FOES?

Sophie's search for answers leads her to the infamous Huntley family, headed by Eliza's parents, Olivia and Henry (Joely Richardson and Rupert Graves). There's also Eliza's brother, Quinn (Phil Dunster), his fiancée, Grace (Freida Pinto), plus Aunt Anne (Tara Fitzgerald).

Meanwhile, Sophie's devastated husband, James (Oliver Jackson-Cohen), knows his wife is alive, but will he go looking for her in London?

'Even though both James and Sophie have done morally ambiguous things, the connection there is love,' says Mbatha-Raw. 'I like to think there's some hope for them.'

Plunging into San Francisco Bay



EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up



Miss Austen

Cassandra Austen (Keeley Hawes) is on a mission to locate her late sister Jane's letters, as she attempts to protect the author's legacy in BBC1's period drama. But when she reads the correspondence, it brings back painful memories.



Amandaland

BBC1's *Motherland* spin-off sees Amanda (Lucy Punch, above left with Dame Joanna Lumley) move to a new area and try to impress local mum, Della (Siobhán McSweeney). But a teenage party goes awry and Amanda is left humiliated.



Boyzone: No Matter What

In the Sky Documentaries series, the surviving members of the group speak about the challenges of fame, their relationship with manager Louis Walsh, and the impact of bandmate Stephen Gately's death in 2009.



Mussolini: Son of the Century

A tense Sky Atlantic drama charts the terrifying rise of the dictator (Luca Marinelli) who started Italy's National Fascist Party. Chilling asides to camera give insight into Mussolini's mindset.

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+ Pick of the new releases

The best new shows to enjoy this week on streaming services...

itvX Legacies

Sunday 16 February

All four seasons of the 2018–22 fantasy drama which is a spin-off of *The Originals* and part of The Vampire Diaries universe. Seventeen-year-old Hope Mikaelson (Danielle Rose Russell), attends the Salvatore School for the Young and Gifted, where supernatural beings can learn to control their abilities and impulses.

NETFLIX American Murder: Gabby Petito

Monday 17 February

Docuseries about 22-year-old Gabby Petito, who was killed by her fiancé Brian Laundrie in August 2021, while the couple were on a road trip across the US and documenting their 'van life' journey on social media. Two months later, Laundrie's body was also found.



American Murder: Gabby Petito

discovery+ 90 Day Fiancé

Monday 17 February

Season 11 of the reality series. Using a 90-Day fiancé visa, potential spouses-to-be travel to America to live with their partners for the first time. Each couple then has 90 days to decide if they want to get married. If they don't, the foreign fiancé must return home.

viaplay The Beach Hotel

Monday 17 February

In the third season of the Swedish drama, Saltsjövik's tourist industry is on the brink of collapse following recent tragedies and then the grand reopening of the hotel is thrown into disarray when a body is discovered.

NETFLIX Court of Gold

Tuesday 18 February

In this sports documentary, cameras go behind the scenes with the top medal contenders in men's basketball as they battle for gold and glory at the 2024 Olympics in Paris.



NETFLIX Offline Love

Tuesday 18 February

Japanese reality dating series. A group of 10 singletons spend 10 days in France without any digital devices, relying on fate to meet and fall in love.

prime George Lopez: Muy Católico

Tuesday 18 February

The 63-year-old American comedian reflects on aging, Latino family dynamics and cultural quirks in his final stand-up special.

Disney+ Win or Lose

Wednesday 19 February

Pixar's animated series tells the story from the perspective of eight different characters – members of a middle-school softball team, their parents and a lovesick umpire – as they prepare for a championship game.

Paramount+ Rob Peace

Wednesday 19 February

Film drama based on the true story of Rob Peace (Jay Will), who risked his bright future to try to get his father (Chiwetel Ejiofor) released from prison. Co-starring Mary J. Blige as Rob's mother, while Ejiofor directs.

prime Reacher

Thursday 20 February

In the third season of the action drama, Reacher (Alan Ritchson) goes to the heart of a vast criminal enterprise while trying to rescue an undercover DEA informant. While investigating, he also confronts some unfinished business from his past. See feature, page 8.



NETFLIX The Thundermans: Undercover

Saturday 15 February

Comedy series, which is both a spin-off and sequel to *The Thundermans* (2013–18) and *The Thundermans Returns* (2024), and revolves around a family with superpowers. Jack Griffo and Kira Kosarin star.

NETFLIX Zero Day

Thursday 20 February

Political conspiracy thriller. A hugely popular but complicated former US president (Robert De Niro) is called out of retirement to head a commission tasked with investigating a devastating global cyberattack, while the world is in crisis. With Angela Bassett, Lizzy Caplan and Dan Stevens. See feature, page 14.

Disney+ Scamanda

Friday 21 February

Docuseries about Californian Amanda Riley, who faked having cancer between 2012 and 2019, tricking people into giving her more than \$100,000 for her treatment, while documenting her cancer journey on social media.

atv+ Surface

Friday 21 February

In the Season 2 of the thriller, Sophie (Gugu Mbatha-Raw) goes to London as she tries to unravel the secrets of her past. Having suffered an injury that robbed her of her memories, she uses her vast resources to embed herself in elite society. See feature, page 17.

Disney+ The Space Race

Friday 21 February

Documentary about the challenges faced by pioneering Black pilots, scientists and engineers at NASA in the 50s and 60s. Previously on *National Geographic*

Disney+ A Thousand Blows

Friday 21 February

Drama from *Peaky Blinders* creator Steven Knight set in the brutal world of illegal boxing in 1880s Victorian London, Two Jamaican friends (Malachi Kirby and Francis Lovehall) meet the leader of an all-female criminal gang, played by *The Crown*'s Erin Doherty, and fall foul of a criminal kingpin and vicious boxer (Stephen Graham). See feature, page 6.

4 Evilside

Friday 21 February

Finnish drama from Walter Presents. After a teenage boy is murdered in a remote fishing village, suspicion falls on an ostracised outcast Johanna (Olivia Ainali), who must prove her innocence.

SHUDDER The Birthday

Friday 21 February

Horror film starring Corey Feldman which has taken 20 years to be released because of distribution issues. A man attends his girlfriend's father's birthday party at a hotel where he gets caught up in a doomsday cult's conspiracy.

SHUDDER Little Bites

Friday 21 February

Horror film. Mindy, a young widow (Krsy Fox), tries to protect her daughter Alice from the grips of a fiendish, flesh-eating monster by sending her to live with her grandmother.

Documentaries

How cold-case detectives brought **Carol Morgan's** killer to trial

Fighting for justice



Retracing the case



The Morgans' corner shop



Carol and Allen Morgan

Investigators
Det Supt Carl Foster
and DC Denise Brown

NEW CRIME

The Real Unforgotten

Tuesday, 9pm, ITV1 (box set, ITVX)

On 13 August 1981, mother-of-two Carol Morgan was found hacked to death in the corner shop she ran with her husband in Linslade, Bedfordshire. More than 80 police officers were assigned to the case, which was initially thought to be a botched robbery. But Carol's killer was never found.

Now, filmed over six years and mirroring the hit ITV1 detective drama *Unforgotten*, this two-part documentary follows cold-case detectives as they reopen the investigation in an attempt to get justice for Carol and her family.

'Hearing about Auntie Carol's murder was the worst shock in the world,' says her niece Julie Welsh. 'It never made any sense. Why do something so grotesque, so brutal?'

Cameras follow officers, including Det Supt Carl Foster and DC Denise Brown, as they painstakingly sift through original evidence, look for new witnesses and return to the crime scene.

A FRESH LOOK

'Around 500 witness statements were taken at the time and there were more than 6,000 documents containing information, evidence and intelligence that needed to be re-examined,' says Foster. After Carol suffered multiple

blows to the head with a heavy object, her husband Allen Morgan discovered her body and raised the alarm. However, when the case was reopened, suspicions about him started to gain traction.

'At the time of Carol's murder, Morgan had an alibi. He was at the cinema with his children,' explains Foster. 'But when we re-examined the case we found his behaviour strange. Instead of using his phone at home to call the police he went to his neighbours. It's that kind of reaction which made us

think that something wasn't right.'

It was revealed that Morgan had been having an affair and would benefit

financially from his wife's death. When a new witness claimed that she overheard him discussing how to kill Carol soon before her death, he was charged with conspiracy to murder. Following a trial in 2024, he was sentenced to a minimum of 22 years, with prosecutors believing he hired a hitman.

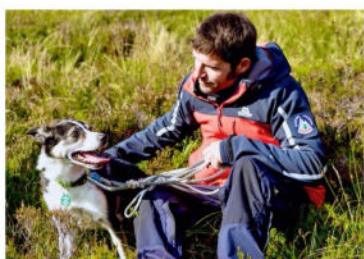
'This has been a 43-year journey for justice for Carol and her family,' says Foster. 'But our efforts to bring anybody else who played a part to justice will continue. We owe Carol that.'



Escaping Utopia

Sun, 9pm, BBC2 (10pm, Wales)
(box set, BBC iPlayer)

Gloriavale is a strict Christian community in New Zealand that is home to around 600 people. This three-parter hears the stories of members who were able to escape the extreme religious sect and shines a light on what life is like inside and the physical and psychological challenges of breaking away.



Guy Martin: Proper Jobs

Sunday, 8pm, U&Dave

Guy Martin (above) finds out what it takes to become a mountain-rescue dog handler in the final episode of his *Proper Jobs* series. When one of his own dogs, Labrador Keith, doesn't make the grade, Martin is paired with experienced collie-kelpie cross Pippa and learns how to work with her in dangerous rescue situations.



EastEnders: 40 Years on The Square

Monday, 8pm, BBC1

Presented by EastEnders actor Ross Kemp, who plays Walford hard man Grant Mitchell (above, right), this anniversary special looks back on some of the most memorable storylines across 40 years of the BBC1 soap, plus Anita Dobson makes an emotional return to The Queen Vic pub where she played landlady Angie Watts.



The Fear Clinic: Face Your Phobia

Tuesday, 8pm, C4

In this week's episode, we follow James (above, right) as he heads to the Kindt Clinics in Amsterdam to find a cure for his phobia of clowns, which began as a child when he was squirted with water at a circus. Also visiting the clinic for help are Jack, who has a phobia of spiders, and Lynsey, who's scared of fish.

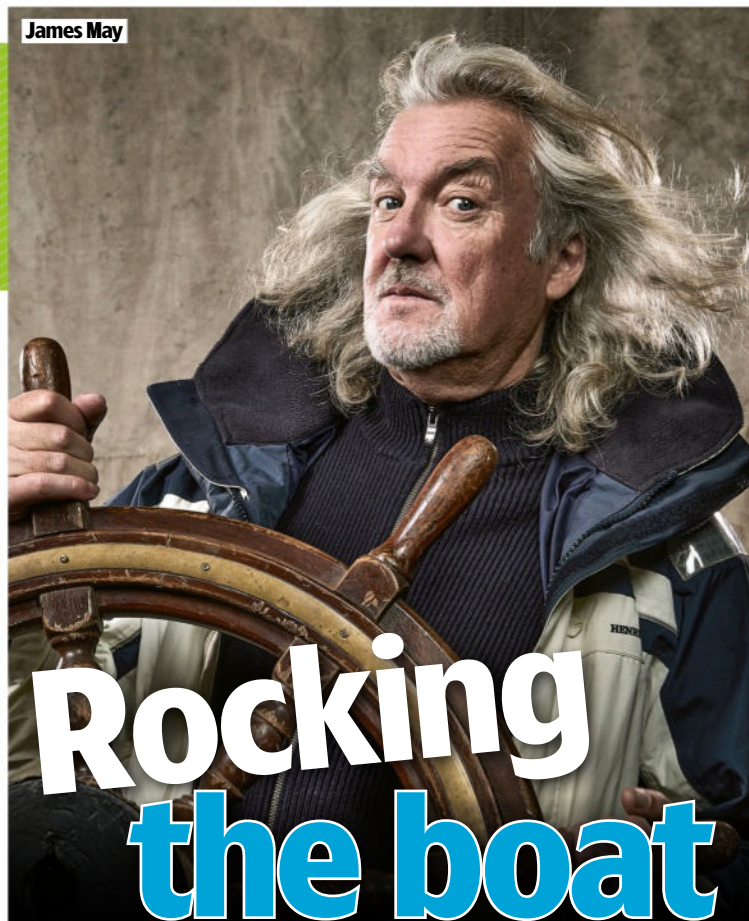


Eric Sykes: 50 Years of Laughs

Friday, 9pm, Channel 5

Eddie Izzard, Graeme Garden and Jimmy Tarbuck are among the comedians paying tribute to one of Britain's favourite funnymen. Born in Oldham, Sykes (above) started out as a writer for the likes of Frankie Howerd before becoming a much-loved comedy star in his own right thanks to 1970s sitcom *Sykes*.

James May



Rocking the boat

James May debunks Sir Walter Raleigh's famous exploits

HISTORY

James May's Great Explorers

Thursday, 9pm, Channel 5

Explorer Sir Walter Raleigh is famous for chivalrously throwing his cloak over a puddle for Queen Elizabeth I, discovering potatoes and tobacco, and establishing England's first colony in the Americas.

However, as James May discovers in the second episode of his series, he didn't actually do any of those things.

REAPPRAISAL

'The man was a complete charlatan,' says May. 'He was famous for

lots of things he didn't actually do, but let's not let the facts get in the way of a good story.'

May traces Raleigh's history back to his modest upbringing in Devon, where his parents fell on hard times and he was one of five sons.

However, after he studied at London's Inns of Court, his clever rhetoric and love of poetry made him a favourite of the Queen.

'This is a story of a man who

rose from a relatively obscure background to dazzle Elizabethan England,' says May.

The Queen's attachment to Raleigh meant she refused to allow him to go on most of the voyages he organised. Although Raleigh's ships brought back treasure, it was probably the Spanish who introduced potatoes to these shores. And while he was responsible for making tobacco-

smoking popular, Raleigh didn't discover that either.

May samples an Elizabethan-style potato pie and visits the British Museum where he views illustrations depicting how Raleigh's men set up the Jamestown colony in Virginia.

He also studies

the explorer's books, full of made-up exotic creatures he claimed to have seen, and then visits the Tower of London where Raleigh was imprisoned after a secret marriage and a disastrous final expedition.

'Raleigh was a bestselling author, an explorer and an A-list celebrity. But what did he actually discover?' asks May. 'I think he was a bit of a wide boy and an arch manipulator.'



Sir Walter Raleigh

Films Our pick of this

MOVIE OF
THE WEEK

Paddington in Peru

Everybody's favourite gaffe-prone but lovable bear takes a trip back home

FAMILY ADVENTURE

Available now, to buy or rent from digital stores including Sky Store and Prime Video ★★★★★

Paddington's third big-screen outing is a thoroughly enjoyable, good-natured, family friendly romp that viewers will undoubtedly delight in. The story takes Michael Bond's marmalade-loving bear away from his adopted London home – site of so much hilarious bear-out-of-water slapstick in the first two films

– and back to his roots in Peru.

Paddington, accompanied by the Brown family, is returning to visit his beloved Aunt Lucy, but when they reach the jungle home for retired bears they learn from Olivia Colman's Mother Superior that Lucy has gone missing. Setting off to find her, the group hires the dubious services of riverboat captain Hunter Cabot (Antonio Banderas), whose secret dreams of finding the mythical, treasure-filled city of El Dorado lead the group into perils

involving river rapids and rickety rope bridges.

The CGI wizardry with which the filmmakers insert Paddington (again voiced wonderfully by Ben Whishaw) into the action remains astonishing, although the thrills and spills here can't top the previous films' comic japes and pratfalls, with some of the wit and magic of the first two adventures also missing. That said, Colman's nun provides some hearty laughs along the way. Available from 14 Feb. 2024, PG, 106MIN

STAR RATINGS ★★★★★ Excellent ★★★★★ Very good ★★★ Good ★★ Average ★ Poor

week's Best Movies

DRAMA

The Room Next Door

Available now, to buy or rent from digital stores including Sky Store and Prime Video ★★★★★

Pedro Almodovar's first English-language feature is an exquisitely filmed, quietly moving drama starring Julianne Moore and Tilda Swinton as two old friends, one a writer, the other a war reporter, who are reunited under the shadow of death. The pair rediscover their connection when Moore learns that Swinton has terminal cancer, but a request from Swinton puts their renewed bond to the test. It takes a little while to adjust to the strangeness of hearing Almodovar's typically stylised dialogue in English, but Moore and Swinton's mesmerising performances quickly immerse us in the drama. The film's look is also typically stylised, featuring ravishing locations and vivid primary colours, but beneath the surface lie deep emotions and themes. 2024, 12, 106MIN



Last wish:
Tilda

Good nick: Nicholas
and Nicolas



COMEDY HORROR

Renfield

From Monday, Netflix

★★★★★

Positioning itself as a direct sequel to Universal's 1931 *Dracula* starring Bela Lugosi, this fine black comedy picks up as his bug-eating familiar Renfield (Nicholas Hoult) is attending support-group sessions to unpick his co-dependent relationship with his narcissistic boss (a wonderfully hammy Nicolas Cage). The neatly knitted plot also takes in traffic cops (Awkwafina and Adrian Martinez), a mob boss (Shohreh Aghdashloo) and a gang of drug dealers (led by Ben Schwartz), with everybody comically mistaking everybody else. The crossfire is extremely bloody – and Renfield slip-slides in the middle of it all. Director Chris McKay keeps things flowing by making good use of Hoult's droll delivery, the New Orleans locations and oodles of blood. It's a lot of fun. 2023, 15, 93MIN

Chin-chin: Camila
and Archie



ROMANTIC COMEDY

Upgraded

Available now, Prime Video ★★★

A little white lie turns into an entire escapade in this frothy romcom. Camila Mendes is a low-level intern for exacting New York auction-house director Marisa Tomei, but is selected to aid her boss on a trip to London. When Mendes is upgraded

to first class for the journey, though, she tells fellow passenger Brit Archie Renaux that *she* is the boss. Instead of fessing up, Mendes attempts to keep up the lie as she starts dating Renaux. Complications ensue...The fine cast (including classy support from Lena Olin, Anthony Head and Thomas Kretschmann) help this routine but entertaining tale tick along nicely. 2024, 15, 104MIN

SCI-FI ADVENTURE

Vesper

Thursday, 9pm, Film4 ★★★★★

In a (naturally) dystopian future where synthetic biology has triggered eco-catastrophe, the poor live off the land, while the rich hole up in towering citadels. Plucky 13-year-old Vesper (the winning Raffiella Chapman) sees her chance when an oligarch's transport crashes in the woods, leaving survivor Camellia (Rosy McEwen) in need of a guide. But nasty Uncle Jonas (Eddie Marsan) has other plans... With its grungy, mud-toned visuals, this absorbing sci-fi fairy tale – filmed in Lithuania – offers a wildly imaginative lo-fi antidote to the genre's more customary shiny futurism. 2022, 15, 114MIN



In the dirt:
Raffiella

Films

Clockwise from
top: Jude, Jurnee,
Tye and Nicholas



CRIME THRILLER

The Order

Available now, Prime Video

★★★★

Based on real events in 1984, this absorbing tale traces the rise and downfall of the titular terrorist white supremacy organisation through the eyes of an FBI agent on their trail, played by a mesmeric Jude Law. He's Terry Husk (a fictional character based on several real people), who's job is to track down extremist groups. This leads him to the quietly cocksure Bob Mathews (Nicholas Hoult), a Neo-Nazi out to overthrow the government who, with his gang, fund their cause with a series of armed robberies, each one more audacious than the last.

Director Justin Kurzel's gritty, methodical but transfixing film knows just when to deliver; especially when it comes to the tense, frenetic action sequences. But he also shapes quieter moments into something bigger and richer, helped by first-rate acting, including Tye Sheridan's determined young cop who wants to do the right thing and Jurnee Smollett as Law's tough, no-nonsense superior.

But this is Law and Hoult's film and they dominate every scene they're in – Hoult with calm authority, Law as a man at breaking point, seething at his own failures. They combine to create something that still feels worryingly relevant today. 2024, 15, 115MIN

+ Hidden gems Great movies you might have missed...



THRILLER

Leave the World Behind

Netflix

★★★★

A mysterious pandemonium sends Mahershala Ali and daughter Mayha'la Herrold to a rural retreat where Julia Roberts and Ethan Hawke are staying. The inscrutable Ali says they're the owners, driven home by a blackout in New York. As the families clash, a series of ominous crashes, including a kamikaze fleet of driverless cars, get the movie cooking. It nimbly paints a scarily plausible picture of how fast chaos and conflict erupt. 2023, 15, 138MIN



BLACK COMEDY

The Menu

Disney+

★★★★

This dark, macabre comedy takes gleeful aim at the entitled awfulness of the super-rich. The setting is a private island to which well-heeled diners, including Nicholas Hoult's pretentious foodie and his date (Anya Taylor-Joy), have travelled to sample the \$1,250-a-head tasting menu being offered by Ralph Fiennes' celebrity chef. The heat is turned up as the meal progresses and the laughs give way to a deep streak of surreal absurdity. 2022, 15, 107MIN



SCI-FI MYSTERY

The Vast of Night

Prime Video

★★★★

A smart, highly effective tale, this is the debut of film-maker Andrew Patterson who shows a tremendous talent behind the camera, as he spins his story of a hick town in 1950s New Mexico and the strange sound picked up by teen switchboard operator Sierra McCormick and local radio jock Jake Horowitz. Impressively acted and inventively constructed, this is intriguing, entertaining and well worth seeking out. 2019, 12, 91MIN

Films Weekend movies

Saturday 15 February

ADVENTURE

Uncharted

7.50pm, C4

★★★

Sex ●●● Violence ●●● Language ●●●

This videogame adaptation delivers a fun, globe-trotting quest, following a familiar trail and proudly wearing its clichés on its rolled-up safari shirt sleeves. Serving as a prequel to the games, it sees Tom Holland as Nathan Drake, recruited by his estranged brother's partner, Sully (Mark Wahlberg), to search for the lost treasure of Magellan. Sophia Ali's also along for the action-packed antics, filled with derring-do and fiendish clues. Director Ruben Fleischer's film revels in the adventure-movie genre, but could have beefed up its reserves of charm and swagger. Still, Holland brings plenty of energy to the role and Wahlberg adds sass and sarcasm. 2022, 12, 116MIN

Lighting the way:
Mark and Tom



SCI-FI

Ad Astra

9pm, Film4

★★★★

Sex ●●● Violence ●●● Language ●●●

Astronaut Brad Pitt is despatched into outer space in writer-director James Gray's admirably ambitious, though slightly disappointing, sci-fi adventure. Pitt is travelling to the furthest reaches of the solar system in search of his missing father (Tommy Lee Jones), a mission on which, it appears, the very survival of mankind hangs. Gray is reaching for transcendence, and along the way delivers stunning images and a handful of genuinely exciting episodes, but his philosophical script is too slow moving to get us wholeheartedly on board. 2019, 12, 123MIN

THRILLER

The Contractor

10pm, C4

★★★

Sex ●●● Violence ●●● Language ●●●

PREMIERE Chris Pine looks the part as James Harper, a discharged special forces sergeant who finds work with a private contracting firm run by Kiefer Sutherland's veteran soldier. Director Tarik Saleh gathers together a strong cast – Eddie Marsan, Nina Hoss and Ben Foster all feature – but can't escape the story's more generic qualities, as Harper's first mission in Berlin goes awry. What follows plays out a bit *Bourne*-lite, though Pine is predictably reliable as the family man caught up in corruption and criminality. 2022, 15, 103MIN

HORROR

A Quiet Place

11.20pm, Film4

★★★★

Sex ●●● Violence ●●● Language ●●●

The first of the terrific horror films is set in a post-apocalyptic near future in which two parents (John Krasinski, also co-writer and director, and real-life wife Emily Blunt) and their children (Millicent Simmonds, Noah Jupe and Cade Woodward) struggle to stay alive in a world that has been overrun by sightless monsters that hunt by sound. The slightest noise will set them off and the most innocent of mishaps can lead to disaster. The tension is wound ever tighter until we are ready to scream, even if the characters must not. 2018, 15, 90MIN

LEGAL DRAMA

Just Mercy

11.55pm, BBC1 (12.55am Scot)

★★★★

Sex ●●● Violence ●●● Language ●●●

Fresh out of Harvard, crusading lawyer Bryan Stevenson (Michael B Jordan) moves to Alabama and takes up the cause of Jamie Foxx's 'Johnny D' McMillan, aided by idealistic local Eva (Brie Larson). Johnny D is innocent, but he is a black man accused of murdering a white girl in the racist South and the system is against him. This powerfully acted drama, based on a shocking true story, is both a rousing legal drama and a fierce indictment of the barbarity of the death penalty. 2019, 15, 137MIN

■ Full listings start on p35

Sunday 16 February

ROMANTIC DRAMA

Words on Bathroom Walls

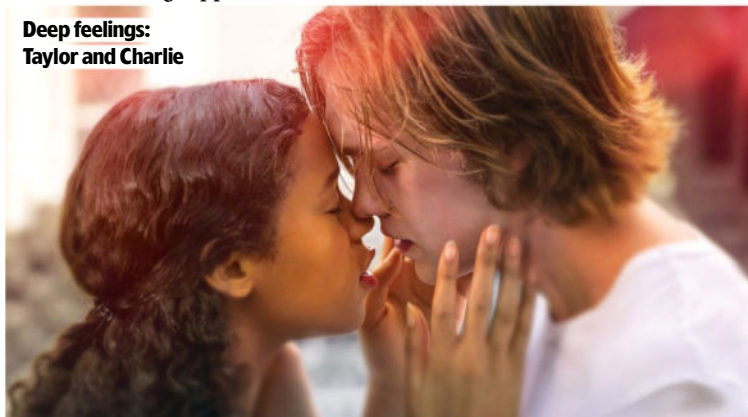
10.30pm, BBC3

★★★★

Sex ●●● Violence ●●● Language ●●●

A perceptive and touching drama based on Julia Walton's hit novel and starring Charlie Plummer as schizophrenic teen Adam. He's a quietly charming, cuisine-loving high-schooler whose world falls apart after a psychotic episode. With his mum (Molly Parker) determined to explore every avenue in the form of treatments, he ends up at a Catholic school where his condition is known only to the chief nun. There he falls for ballsy high-achiever Maya (Taylor Russell), who has a secret of her own. The finale feels a little forced, but otherwise this film is amusing, tender and light-hearted without seeming flippant – and the leads are terrific. 2020, 12, 110MIN

Deep feelings:
Taylor and Charlie



CLASSIC THRILLER

Chinatown

6am & 3.10am,

Sky Awards Season

★★★★★

Sex ●●● Violence ●●● Language ●●●

Complete with a plaster over his nose, Jack Nicholson has one of the roles of his career as laconic JJ Gittes, a gutsy 1930s private eye who annoys most of the people he meets most of the time and, along the way, takes on a minor matrimonial case and drifts into a web of menace, corruption and paranoia. Robert Towne's script won a deserved Oscar, the movie was nominated for 10 more, John Huston has a key supporting role and director Roman Polanski has a cutting cameo. One of the greatest films of the 1970s. 1974, 15, 131MIN

ADVENTURE

Dungeons & Dragons: Honour Among Thieves

12.15pm & 10.30pm,

Sky Awards Season

★★★★

Sex ●●● Violence ●●● Language ●●●

It was a big ask to turn the beloved role-playing game into a big-screen epic but, happily, it's a light-hearted, roaming, romping slice of fun. Chris Pine's wisecracking bard Edgin and his band of medieval misfits are propelled into a daring, monster-mashing heist in which they have to break into an impregnable vault and steal a magical tablet that will right Ed's wrongdoings. Michelle Rodriguez, Justice Smith and Sophia Lillis are on Ed's side and Hugh Grant is the baddie. 2023, 12, 134MIN

ACTION COMEDY

The Spy Who Dumped Me

11pm, C4

★★★

Sex ●●● Violence ●●● Language ●●●

As best friends, Mila Kunis and Kate McKinnon race from LA to Vienna, and on to Paris, Prague and Berlin, bullets zinging around them as they go, after Kunis is dumped by her boyfriend (Justin Theroux) – who, it turns out, is a CIA agent. Sam Heughan pops up en route as a charming MI6 agent they may or may not be able to trust, and Gillian Anderson is also on hand as his coolly aloof boss. This knockabout action comedy mixes thrills with goofy buddy-movie laughs and the stars' deliriously dotty rapport ensures we stay for the ride. 2018, 15, 114MIN

SCI-FI COMEDY

Downsizing

11.50pm, Sky Cinema Comedy

★★★★

Sex ●●● Violence ●●● Language ●●●

Matt Damon's well-meaning chump wants to spice up his dull life while also doing his bit to save the planet. So he and his wife (Kristen Wiig) sign up for a futuristic medical procedure designed to shrink them to five inches in height – great for their carbon footprint as well as their bank balance. But, inevitably, the small world has its down sides as well... Director Alexander Payne's funny and clever satire may not always live up to its big ideas, but is great fun. 2017, 15, 135MIN

■ Full listings start on p45

Weekday movies over page

TV&Satellite Week 25

Films Weekday movies

Monday 17 February

ACTION COMEDY

The Fall Guy

8pm, Sky Action

★★★★

Sex ●●● Violence ●●● Language ●●●

Successful stunt performer Ryan Gosling doubles for Alister Aaron Taylor-Johnson and has a thing with Emily Blunt's camera operator, until an accident ends his career. Then, 18 months later, he's called out of the blue to a shoot in Australia where Blunt is the none-too-pleased director and Taylor-Johnson is missing. So he has to play detective... It's too long but snappy and sharp, with sparkling star chemistry, ace action and fab support from Taylor-Johnson, Winston Duke and Hannah Waddingham. 2023, 12, 126MIN



Calling the shots:
Ryan and Emily

BIOPIC

The Glorias

9.35am, Sky Drama

★★★

Sex ●●● Violence ●●● Language ●●●

Feminist icon Gloria Steinem was instrumental in putting equal rights for women at the forefront of the cultural conversation in the 1970s. Director Julie Taymor's playful biopic does a decent job of establishing what made her tick, but the defining moments in her life are frustratingly glossed over. Julianne Moore, Alicia Vikander, Lulu Wilson and Ryan Kiera Armstrong portray Steinem at various stages of her life. 2020, 12, 149MIN

SCI-FI ACTION

Dual

10.30am & 3.50pm,
Sky Awards Season

★★★★

Sex ●●● Violence ●●● Language ●●●

Told she's terminally ill, Karen Gillan's Sarah orders a clone of herself. But it transpires she's not so unwell after all and has to fight her double (which her mum and boyfriend prefer) in a duel to the death, because only one version of a person is allowed to exist. Cue Aaron Paul, who has all the lethal skills that Sarah requires to vanquish her inconvenient doppelganger in this drily witty, oddball sci-fi. 2022, 15, 94MIN

SCI-FI DRAMA

After Yang

12.10pm & 2.50am,
Sky Awards Season

★★★★

Sex ●●● Violence ●●● Language ●●●

This deeply contemplative drama ponders the nature of loss, memory and humanity. Colin Farrell and Jodie Turner-Smith play the parents to an adopted Chinese girl (Malea Emma Tjandrawidjaja), who's assisted by life-like android Yang (Justin H Min). But when Yang breaks down, the family must adjust to his absence. The rich visual style complements the philosophical musings in a beautiful film. 2022, PG, 96MIN

THRILLER

The Da Vinci Code

5.30pm, Sky Hits

★★★

Sex ●●● Violence ●●● Language ●●●

Harvard professor Tom Hanks and Audrey Tautou go on the run after a bizarre murder in the Louvre art gallery in Paris. Then, with a little help from Ian McKellen, they uncover a trail of clues going back 2,000 years. In Ron Howard's hands, Dan Brown's mega-seller enjoys a safe passage to the screen and, though far too po-faced, it does get more entertaining as it goes along. 2006, 12, 149MIN

Full listings start on p55

Tuesday 18 February

ACTION

Mission: Impossible – Dead Reckoning Part One

10.45pm, Sky Awards Season

★★★★

Sex ●●● Violence ●●● Language ●●●

In his seventh outing as Ethan Hunt, Tom Cruise faces his most dangerous enemy yet: AI. His mission is to retrieve both halves of a key that is the means of controlling this untold power. With lots of people milling about, including Rebecca Ferguson, Ving Rhames, Simon Pegg, Vanessa Kirby and Hayley Atwell, it borders on unwieldy. But with delightful set pieces, stunning action and a satisfying ending, it's impossible not to be entertained. 2023, 12, 163MIN



Full steam ahead:
Hayley and Tom

SCI-FI MYSTERY

Stargate

9.25am & 12.10am,
Sky Greats

★★★★

Sex ●●● Violence ●●● Language ●●●

The forerunner of all the TV series incarnations, this is an endearing blend of UFO-logy and archaeology from Roland Emmerich, the director of *Independence Day*. The story pits James Spader's egghead Egyptologist and Kurt Russell's macho military man against evil aliens on a distant planet. Jaye Davidson is suitably sinuous as the reptilian alien leader in a persuasive slice of sci-fi hokum. 1994, PG, 125MIN

COMEDY

Bend It Like Beckham

6.45pm, Film4

★★★★

Sex ●●● Violence ●●● Language ●●●

In the London suburbs, a British Asian teen (Parminder Nagra) develops a big talent for playing soccer. But she has to keep it a secret from her strict parents, while Keira Knightley is her team-mate and new best friend. This feel-good movie lacks big laughs, but dribbles happily along on smiles, chuckles and sweet-natured charm – and it's hard to fault the energy and warmth of the performances. 2002, 12, 113MIN

DRAMA

Jungleland

2.05am, Film4

★★★★

Sex ●●● Violence ●●● Language ●●●

Jack O'Connell is travelling to compete in a bare-knuckle fight, along with his brother Charlie Hunnam, while forced to deliver mysterious Jessica Barden to a particularly seedy criminal. O'Connell's all quiet acquiescence, while Hunnam's a chancer up to his neck in debts. The cruel reality of the American Dream is clichéd territory, but this is a finely acted, emotional journey about those served a crummy hand in life. 2020, 15, 90MIN

DRAMA

Thanksgiving

1.40am,
Sky Sci-Fi/Horror

★★★

Sex ●●● Violence ●●● Language ●●●

A year after a Black Friday sale on Thanksgiving left people dead, a masked killer is targeting those they hold responsible, including teen Nell Verlaque and friends. A strong stomach is required, but director Eli Roth captures the 1980s slasher vibe perfectly, helped by a script just on the right side of cheese and a host of characters awaiting their grisly demise. 2023, 18, 106MIN

Full listings start on p65

Wednesday

DRAMA

The Father

9pm, Film4

★★★★★

Sex ●●● Violence ●●● Language ●●●

On Oscar-winning form, a phenomenal Anthony Hopkins has never been better than as a prickly, stubbornly independent octogenarian in denial about his increasing mental frailty, while his weary daughter (Olivia Colman,



Down memory lane:
Olivia and Anthony

GHOST STORY

The Woman in Black

8pm,
Sky Sci-Fi/Horror

★★★★★

Sex ●●● Violence ●●● Language ●●●

Brace yourself for shocks and scares as Daniel Radcliffe's widowed solicitor settles a dead woman's estate in a gloomy isolated mansion where doors slam shut of their own accord, a rocking horse tips furiously back and forth, and a ghostly handprint appears on a window. Making the most of its eerie setting, Hammer Studios' version of Susan Hill's story is guaranteed to give you goosebumps. 2012, 12, 95MIN

COMEDY DRAMA

Lady Bird

8pm, Sky Drama

★★★★★

Sex ●●● Violence ●●● Language ●●●

Saoirse Ronan is equal parts endearing and annoying as a snarky but vulnerable 17-year-old who longs to escape from her dull suburban roots and go to college in this beguiling coming-of-age comedy from writer-director Greta Gerwig. Set in California in 2002, the film revolves around Ronan's prickly love-hate relationship with her mother (Laurie Metcalf). It is whip-smart, achingly honest and piercingly funny. 2017, 15, 94MIN

19 February

similarly brilliant) tries to find him a carer. Director and co-writer Florian Zeller, adapting his own play, tackles the harrowing spectre of dementia with subtle power, cleverly letting us share his protagonist's growing disorientation, while Hopkins draws us ever deeper into his character's plight. 2020, 12, 97MIN



FAMILY COMEDY

Back to the Future

10.30pm, Sky Awards Season ★★★★★

Sex ●●● Violence ●●● Language ●●●

This first film in director Robert Zemeckis' zippy trilogy is a winning combination of dense plotting, razor-sharp comedy and then-splendid special effects. Michael J Fox is perfect as the teen time-traveller Marty McFly (though Eric Stoltz was originally hired), as is Christopher Lloyd as madcap scientist Doc Emmett Brown whose modified DeLorean car has years instead of miles on the clock. 1985, PG, 115MIN

COMEDY

The Big Lebowski

3.25am, Sky Cinema Comedy ★★★★★

Sex ●●● Violence ●●● Language ●●●

This goofy comedy from writer-director siblings Joel and Ethan Coen is gloriously entertaining. Jeff Bridges plays a perpetually stoned layabout who's mistaken for a crime lord in a movie populated by a colourful roster of quirky characters including John Goodman, Steve Buscemi and, most memorably, John Turturro as a repulsive tenpin bowler. 1998, 18, 117MIN

Full listings start on p75

Thursday 20 February

DRAMA

Rob Peace

12noon & 8pm, Sky Premiere (& Paramount+ from 19 Feb) ★★★

Sex ●●● Violence ●●● Language ●●●

Brilliant black kid Rob Peace (Jay Will) ends up at Yale, but is torn between that rarified air and the plight of his father (Chiwetel Ejiofor, who also makes his writing and directing debut), who's serving time for murders but swears that he's innocent. The performance of Will is the beating heart of this true-story tale and he's magnificent, aided by the superb Ejiofor and Mary J Blige, as his mum, and the acting compensates for the occasionally clunky elements within the movie. 2024, 15, 120MIN

Holding on: Jay and Chiwetel



PREMIERE

COMEDY

You're Cordially Invited

Available now, Prime Video ★★★

Sex ●●● Violence ●●● Language ●●●

PREMIERE Due to a mix-up, two wedding parties arrive at a small island that can only cater for one. Thus, the stage is set for amusing carnage, with Reese Witherspoon handling sister Meredith Hagner's nuptials, while Will Ferrell's overly doting dad organises daughter Geraldine Viswanathan's big day. This comedy runs through familiar mishaps, but the terrific leads make it shine. 2025, 15, 109MIN

CLASSIC THRILLER

Three Days of the Condor

5.55pm, Sky Thriller ★★★★★

Sex ●●● Violence ●●● Language ●●●

An ordinary day at the office for CIA research worker Robert Redford becomes anything but when all his colleagues are shot dead and he goes on the run. The format's been used many times, but here it's pared down to the bone, the film skilfully emphasising the terror and isolation of Redford as he tries to stay alive and fathom the reason behind the murders. One of the classic conspiracy thrillers of the 1970s. 1975, 15, 118MIN

BIOPIC

Stan & Ollie

11.45pm, BBC4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

This touchingly funny biopic of cinema's most beloved comedy duo, Laurel & Hardy, stars Steve Coogan and John C Reilly, who don their trademark bowler hats and do a spot-on job of mimicking some of the pair's celebrated – and still hilarious – comic routines. The film has a bittersweet edge, though, as it focuses on the end of their careers when failing health and old grudges threaten to stymie their variety hall tour of 1953 Britain. 2018, PG, 98MIN

SCI-FI THRILLER

Paycheck

5.20am, Sky Sci-Fi/Horror ★★★★★

Sex ●●● Violence ●●● Language ●●●

Entertaining and crammed full of thrilling action, this clever film stars Ben Affleck as a computer genius who agrees to have his memory erased in return for \$92million after working on a secret project. But instead of being paid, he's targeted by killers and runs for his life with only an envelope of cryptic clues and scientist Uma Thurman to help him. 2003, 12, 119MIN

Full listings start on p85

Friday 21 February

DRAMA

God's Creatures

11.05pm, BBC2

★★★★

Sex ●●● Violence ●●● Language ●●●

After seven years away, Paul Mescal's Brian returns to his Irish home village to revive his grandfather's defunct oyster farm. The beloved son of Aileen (Emily Watson), Brian's a charmer who sees every woman as a conquest. But when one of his mum's co-workers, Sarah (Aisling Franciosi), accuses Brian of assault, Aileen fatefully covers up for him. Watson deftly conveys pent-up anguish and dismay, Mescal essays subtle, insinuating menace and Franciosi is simply riveting in this gripping web of lies and loyalties. 2022, 15, 100MIN

Mum's the word: Emily and Paul



PREMIERE

HORROR

It

8pm, Sky Sci-Fi/Horror ★★★★★

Sex ●●● Violence ●●● Language ●●●

A bunch of misfit teens, including Jaeden Lieberher, Sophia Lillis and Finn Wolfhard, try to defeat a killer clown (Bill Skarsgård) snatching kids in their small New England town every 27 years. This superior chiller, based on Stephen King's novel, shifts the action from the 1950s to the 1980s, while director Andy Muschietti expertly depicts the kids' troubled backgrounds and doles out plenty of jumpy shocks. 2017, 15, 135MIN

ACTION

Fast X

8pm, Sky Hits ★★★★★

Sex ●●● Violence ●●● Language ●●●

'No one starts at the finish line!' growls Dominic Toretto (Vin Diesel) at son Brian (Leo Abelo Perry) in this latest instalment. Director Louis Leterrier brings a welcome inventiveness and energy to a fading series. *Fast Five* provides the spark for this, as it returns to that film's Rio safe heist to reveal the role played by one Dante Reyes (Jason Momoa). Turns out Dom robbed Dante's dad and he's been hungry for vengeance ever since... 2023, 12, 131MIN

GANGSTER CLASSIC

The Godfather

9pm, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

The first part of director Francis Ford Coppola's Mafia trilogy is, perhaps, the ultimate Hollywood gangster movie, with its wonderful, dark intensity and the enduring image of Marlon Brando's highly stylised performance as the rasping Godfather of a New York Mafia family. Al Pacino, John Cazale and James Caan, as Brando's sons, and Robert Duvall, as his lawyer, also give unforgettable performances. 1971, 15, 167MIN

DRAMA

Spotlight

9.50pm, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

This sober, Oscar-winning drama is absolutely riveting as it chronicles the dogged efforts in 2001 by a team of Boston reporters to expose the Roman Catholic Church's cover-up of child sex abuse by priests. The film is helped enormously by a terrific cast, headed by Mark Ruffalo, Michael Keaton and Rachel McAdams. 2015, 15, 129MIN

Full listings start on p95

Sport week

Your **ultimate guide** to the best of the week's live action

LIVE FOOTBALL

Friday, ITV1, BBC2 (Wales only),
BBC Alba & BBC iPlayer

The second edition of the Women's Nations League kicks off this week, with the four home nations all starting their campaigns on Friday.

Most attention will be focused on League A's four groups where the 16 nations will be aiming to top their respective tables and progress to the four-team finals later this year.

European champions England have been drawn in Group A3 alongside Portugal, Belgium and World Cup winners and Nations League holders Spain. The Lionesses begin their campaign against the Portuguese in Portimão on Friday (kick-off 7.45pm, ITV1). Sarina Wiegman's side produced some patchy performances in 2024 and have been hit by injuries, but can draw confidence from an encouraging 0-0 draw with Olympic champions USA at Wembley in November, a game that featured midfielder Keira Walsh, who recently joined Chelsea from Barcelona.

OUT TO WIN

Having missed out on qualifying for the upcoming Euros, Scotland are drawn in Group A1 with Germany, Netherlands and Austria, who they visit for Friday's game (5pm, BBC Alba & BBC iPlayer). The Scots' defeat to Finland in their Euro 2025 play-off final cost coach Pedro Martínez Losa his job, and interim boss Michael McArdle will want to get the best out of stars Caroline Weir and Erin Cuthbert.

Elsewhere, Wales are on a high after qualifying for Euro 2025. Rhian Wilkinson's side are in Group A4, and travel to Monza to play Italy (5.15pm, BBC2 in Wales & BBC iPlayer). Sweden and Denmark make up the group, in which Wales will host their home fixtures in three different venues – Wrexham, Swansea and Cardiff, where record scorer Jess Fishlock began her career as a 16-year-old.

Meanwhile, Northern Ireland will need to regroup following their hefty 7-0 aggregate defeat to Norway in their Euro 2025 play-off final. However, coach Tanya Oxtoby's side – captained by Birmingham City's Simone Magill – could be a threat in a Group B1 that features Bosnia and Herzegovina, Romania and Poland, who host Northern Ireland on Friday in Gdansk (7.45pm, BBC iPlayer).

THE
MAIN
EVENT

The home nations
play their first
internationals of
an exciting 2025

Women's Nations League





Northern Ireland's Simone Magill, Wales' Jessica Fishlock, England's Keira Walsh and Scotland's Erin Cuthbert

LIVE CRICKET

Champions Trophy

Wed-Fri, play starts 9am, Sky Sports Cricket & Sky Sports Main Event

After an eight-year hiatus, the 50-over Champions Trophy returns as champions



Indian bowler Mohammed Shami

Pakistan host a global tournament for the first time in 29 years. Mohammad Rizwan's side open proceedings against New Zealand in Karachi, while India (who will play all their matches in Dubai) take on Bangladesh on Thursday and Afghanistan face South Africa on Friday. Jos Buttler's England begin their campaign in the eight-team contest against Australia next week.



Pakistan's Mohammad Rizwan



Wakefield Trinity's Max Jowitt

LIVE RUGBY LEAGUE

Super League

Sat & Sun, BBC2 (not Wales) & Sky Sports+ streaming

The opening round of fixtures continues as Wakefield Trinity return to the top tier after a season in the Championship. Full back Max Jowitt – who became the first British player to score 500 points in a season – will be in action as Trinity face Leeds Rhinos on Saturday (k-o 3pm, Sky Sports+), followed by St Helens against Salford Red Devils (k-o 5.30pm, BBC2 & Sky Sports+). Sunday sees Huddersfield Giants host Warrington Wolves (k-o 3pm, Sky Sports+).

Harry Kane of Bayern Munich



LIVE FOOTBALL

Champions League

Tuesday & Wednesday, kick-offs 8pm, Prime Video & TNT Sports 1

Scottish champions Celtic take on Harry Kane's Bayern Munich at the Allianz Arena on Tuesday (Prime Video) in their play-off second leg as the sides vie for a place in the round-of-16. On Wednesday, 15-time winners Real Madrid welcome Manchester City to the Bernabéu Stadium (TNT Sports 1) after Carlo Ancelotti's side finished 11th in the league phase, while the English champions scraped through on goal difference. Awaiting the winners are Bayer Leverkusen and Atlético Madrid.

LIVE BASKETBALL

NBA All-Star Game

Saturday & Sunday, TNT Sports 1

Basketball superstars Steph Curry, Nikola Jokić, Kevin Durant, LeBron James and Giannis Antetokounmpo will be showcasing their skills as San Francisco hosts the iconic NBA exhibition match. After fierce criticism of last year's high-scoring,

low-intensity game, the format has been changed to feature four teams, playing in two semi-finals and a final. For each game, the winner will be the first team to reach 40 points.



LeBron James

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Sport week **A-Z GUIDE**

BASKETBALL

- LIVE Duke Blue Devils v Stanford Cardinal**
Sat 9pm Sky Sports Mix
- LIVE Syracuse Orange v North Carolina Tar Heels**
Sat 11pm Sky Sports Mix
- LIVE NBA All-Star Game**
Sat & Sun 1am TNT Sports 1 (tip-off Sun, 1am) From Chase Centre in San Francisco. See p29.
- LIVE Florida Gators v Oklahoma Sooners**
Tue 12m't Sky Sports Mix
- LIVE Philadelphia 76ers v Boston Celtics**
Thu 12m't TNT Sports 1
- LIVE San Antonio Spurs v Phoenix Suns**
Thu 2.30am TNT Sports 1
- LIVE Loyola Chicago Ramblers v Dayton Flyers**
Fri 12m't Sky Sports Mix
- LIVE Cleveland Cavaliers v New York Knicks**
Fri 12m't TNT Sports 1

COMBAT SPORTS

- LIVE UFC Fight Night Prelims**
Sat 10pm TNT Sports 2
- LIVE Jared Cannonier v Gregory Rodrigues**
Sat 12m't TNT Sports 2
The middleweight bout in Las Vegas.

CRICKET

- LIVE Mumbai Indians v Delhi Capitals**
Sat 1.50pm Sky Sports Cricket
The WPL T20 match from Kotambi Stadium in Vadodara.
- LIVE Gujarat Giants v UP Warriorz**
Sun 1.50pm Sky Sports Cricket
The WPL T20 match in Vadodara.
- LIVE Delhi Capitals v Royal Challengers Bengaluru**
Mon 1.50pm Sky Sports Cricket
The WPL T20 match from Kotambi Stadium in Vadodara.
- LIVE Gujarat Giants v Mumbai Indians**
Tue 1.50pm Sky Sports Cricket
The WPL T20 match from Kotambi Stadium in Vadodara.
- LIVE Pakistan v New Zealand**
Wed 8.30am Sky Sports Main Event & Sky Sports Cricket
The ICC Champions Trophy Group A match staged at National Stadium in Karachi, Pakistan. See p29.

Formula E

Britain's Oliver Rowland claimed the win in Mexico in January – how will he do at the Jeddah ePrix?



- LIVE UP Warriorz v Delhi Capitals**
Wed 1.50pm Sky Sports Mix
The WPL match from Kotambi Stadium in Vadodara, India.
- LIVE Bangladesh v India**
Thu 8.30am Sky Sports Main Event & Sky Sports Cricket
The ICC Champions Trophy Group A match at Dubai International Stadium. See p29.
- LIVE Afghanistan v South Africa**
Fri 8.30am Sky Sports Cricket & 9am Sky Sports Main Event
The ICC Champions Trophy Group B match at National Bank Stadium in Karachi, Pakistan. See p29.
- LIVE Royal Challengers Bengaluru v Mumbai Indians**
Fri 1.50pm Sky Sports Mix
Coverage of the WPL match staged at M Chinnaswamy Stadium.

CYCLING

- LIVE Tour of Murcia**
Sat 3.40pm Euro2
The men's one-day race in Spain.
- LIVE European Track Championships**
Sat 6.55pm Euro2
Day four in Heusden-Zolder, Belgium.
- LIVE Figueira Champions Classic**
Sun 3.30pm Euro2
The men's one-day race from Portugal.
- LIVE Men's UAE Tour**
Mon & Wed-Fri 10.50am, Tue 9.50am Euro2
Stages one to five.
- LIVE Jaen Classic**
Mon 2pm Euro2
The men's one-day race from Spain.
- LIVE Tour of Andalusia**
Wed-Fri 1pm Euro2
Coverage from stages one to three.

- LIVE Tour of Algarve**
Wed-Fri 3pm Euro2
Stages one to three.

DARTS

- LIVE World Seniors Championships**
Thu & Fri 1pm & 7pm TNT Sports 4
Day two and three of the event at Circus Tavern in Purfleet, Essex.
- LIVE Premier League**
Thu 7pm Sky Sports Main Event & Sky Sports+
The third round at 3Arena in Dublin.

GOLF

- LIVE Aramco Team Series**
Sat 10am Sky Sports Golf
Day three of the second stage at Riyadh Golf Club in Saudi Arabia.
- LIVE Genesis Invitational**
Sat 3pm Sky Sports Golf & Sky Sports+, 8.30pm Sky Sports Main Event; Sun 2.30pm Sky Sports Golf & 7.30pm Sky Sports Main Event
Days three and four from Torrey Pines Golf Course in San Diego.
- LIVE Atlanta Drive Golf Club v Los Angeles Golf Club**
Mon 6pm Sky Sports Golf
Coverage of the TGL match from Palm Beach Gardens in Florida.
- LIVE Atlanta Drive Golf Club v The Bay Golf Club**
Mon 9pm Sky Sports Golf & 10.30pm Sky Sports Main Event
Coverage of the TGL game from Palm Beach Gardens in Florida.
- LIVE The Bay Golf Club v Boston Common Golf**
Mon 12m't Sky Sports Main Event & Sky Sports Golf
The TGL game staged at Palm Beach Gardens in Florida.
- LIVE Jupiter Links Golf Club v New York Golf Club**
Tue 12m't Sky Sports Golf
The TGL match staged at Palm Beach Gardens in Florida.
- LIVE Honda LPGA Thailand**
Thu 6am Sky Sports Main Event; Thu & Fri 6am Sky Sports Golf
Days one and two at Siam Country Club in Pattaya.

- LIVE Magical Kenya Open**
Thu & Fri 10am Sky Sports Golf
Coverage of days one and two.
- LIVE Mexico Open**
Thu & Fri 3pm Sky Sports Golf; Fri 5.30pm & 10.30pm Sky Sports Main Event
Days one and two.

HORSE RACING

- LIVE Ascot, Wincanton and Haydock Park**
Sat 1pm ITV1

MOTORSPORT

- LIVE World Rally Championship**
Sat 8am, 9am, 1pm, 2pm & 5pm TNT Sports 3; Sun 6.15am, 8.45am & 11am TNT Sports 1
Coverage of the Rally Sweden, the second round of the season.
- LIVE FIA Formula E**
Sat 10am & 12.15pm TNT Sports 2
The Jeddah ePrix third free practice and second qualifying session.
- LIVE FIA Formula E**
Sat 4pm ITV4 & 5pm TNT Sports 2
Race two of the Jeddah ePrix at Jeddah Corniche Circuit.

- LIVE Superbike World Championship**
Thu 12.15am & 3.45am, Fri 11pm, 1.45am & 3.15am TNT Sports 2
The meeting at Phillip Island Grand Prix Circuit in Australia.
- LIVE V8 Supercars Championship**
Fri 8.45am TNT Sports 2
The Sydney 500.

POOL

- LIVE Ultimate Pool**
Mon 6pm TNT Sports 1
Group 7 of the Champions League.

RUGBY LEAGUE

- LIVE Indigenous Women v Maori Women**
Sat 6.45am Sky Sports Action
Coverage of the NRL All-Star game.
- LIVE Indigenous Men v Maori Men**
Sat 9am Sky Sports Action
Coverage of the NRL All-Star game.
- LIVE Leeds Rhinos v Wakefield Trinity**
Sat 3pm Sky Sports+ streaming (kick-off 3pm) The Super League clash. See page 29.
- LIVE St Helens v Salford Red Devils**
Sat 5.15pm BBC2 (not Wales) & Sky Sports+ streaming (kick-off 5.30pm)
The Super League match staged at Totally Wicked Stadium. See p29.
- LIVE Brisbane Broncos v Gold Coast Titans**
Sat 4.30am Sky Sports Main Event
NRL pre-season challenge match.
- LIVE Canterbury-Bankstown Bulldogs v Wests Tigers**
Sun 6.30am Sky Sports Action
The NRL pre-season fixture.
- LIVE St George Illawarra Dragons v Sydney Roosters**
Sun 8.30am Sky Sports Action
The NRL pre-season match.
- LIVE Huddersfield Giants v Warrington Wolves**
Sun 3pm Sky Sports+ streaming (kick-off 3pm) Super League.

- LIVE Wakefield Trinity v Hull Kingston Rovers**
Thu 7.30pm Sky Sports Action (kick-off 8pm) Super League.
- LIVE Manly Warringah Sea Eagles v Penrith Panthers**
Fri 7am Sky Sports Main Event & Sky Sports Action
NRL pre-season challenge match.
- LIVE Wests Tigers v Parramatta Eels**
Fri 9am Sky Sports Action
NRL pre-season challenge game.
- LIVE Warrington Wolves v Catalans Dragons**
Fri 7.30pm Sky Sports Action & Sky Sports+ (kick-off 8pm)
The Super League match.
- LIVE Hull FC v Wigan Warriors**
Fri 8pm Sky Sports+ streaming (k-o 8pm) Super League.
- LIVE St George Illawarra Dragons v South Sydney Rabbitohs**
Fri 4am Sky Sports Main Event & Sky Sports Action

RUGBY UNION

- LIVE Blues v Chiefs**
Sat 6am Sky Sports+
- LIVE Western Force v Moana Pasifika**
Sat 8.30am Sky Sports+
Super Rugby encounters.
- LIVE Lions v Stormers**
Sat 12.25pm Premier Sports 2
- LIVE Bulls v Sharks**
Sat 2.55pm Premier Sports 2
United Rugby Championship ties.
- LIVE Harlequins v Saracens**
Sat 3pm TNT Sports 1 (kick-off 3.05pm)
Premiership Rugby Cup Pool C.
- LIVE Munster v Scarlets**
Sat 5pm S4C & Premier Sports 1 (kick-off 5.15pm) United Rugby Championship at Thomond Park.
- LIVE Benetton v Ulster**
Sat 5pm Premier Sports 2 (kick-off 5.15pm)
United Rugby Championship match.
- LIVE Saracens v Exeter Chiefs**
Sat 5.15pm TNT Sports 1 (kick-off 5.30pm)
The Women's Premiership game.

- LIVE Connacht v Cardiff**
Sat 7.15pm Premier Sports 1 & 7.30pm S4C (kick-off 7.35pm)
The United Rugby Championship match staged at Dexam Stadium.
- LIVE Dragons v Glasgow Warriors**
Sun 1.45pm Premier Sports 2 (kick-off 2pm)
United Rugby Championship match.
- LIVE Clermont Auvergne v Toulouse**
Sun 8pm Premier Sports 1
Coverage of the Top 14 fixture.
- LIVE Chiefs v Crusaders**
Fri 6am Sky Sports Mix
The Super Rugby game.
- LIVE Reds v Moana Pasifika**
Fri 8.30am Sky Sports Mix
Coverage of the Super Rugby match.
- LIVE Sevens Series**
Fri 7.15pm TNT Sports 3

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LIVE Wales v Ireland
Fri 7.25pm S4C (kick-off 7.45pm)
Coverage of the Under-20s Six Nations match at Rodney Parade.

LIVE Gloucester-Hartpury v Harlequins
Fri 7.30pm TNT Sports 1 (Kick-off 7.45pm)
The Women's Premiership match staged at Kingsholm Stadium.

LIVE Hurricanes v Fijian Drua
Fri 3.30am Sky Sports+
Coverage of the Super Rugby match.

SKIING

LIVE Alpine Skiing
Sat & Sun 8.15am & 12noon Euro2
Coverage from Saalbach, Austria.

LIVE Cross-Country Skiing
Sat 10.45am Euro2;
Sun 9.50am Euro1
Coverage from Falun in Sweden.

LIVE Biathlon
Sat 1.55pm, Sun 10.45am & 1.55pm Euro2; Tue & Wed 1.50pm, Thu 2.50pm Euro1
From Lenzerheide in Switzerland.

LIVE Alpine Skiing
Fri 9.15am & 12.15pm Euro1
Coverage from Sestriere in Italy.

SNOOKER

LIVE Welsh Open
Sat & Sun 1pm & 6.45pm Euro1, 1.15pm BBC1 (Wales only) & 7pm BBC2 (Wales only)
Days six and seven from Llandudno, featuring the semi-finals and final.

TENNIS

LIVE WTA Doha Open
Sat 3pm Sky Sports Main Event & Sky Sports Tennis
The final.

LIVE ATP Delray Beach Open
Sat 1am & Sun 9pm Sky Sports Tennis; Sun 8pm Sky Sports+
The semi-finals and final.

LIVE WTA Dubai Tennis Championships
Sun-Wed 7am Sky Sports Main Event; Sun 7am & 4.30pm, Mon-Wed 7am, Fri 1pm Sky Sports Tennis; Thu 10am Sky Sports+
Coverage of days one to six.

LIVE ATP Marseille Open
Sun 2.30pm Sky Sports Tennis
The final from France.

LIVE ATP Buenos Aires Open
Sun 7pm Sky Sports Tennis
Coverage of the final.

LIVE ATP Rio de Janeiro Open
Mon-Fri 7.30pm Sky Sports Tennis; Mon & Wed 7.30pm, Tue 9.45pm, Thu 11pm Sky Sports+; Tue 10pm, Wed 10.30pm, Thu 11pm & Fri 12m't Sky Sports Main Event
Days one to five.

LIVE ATP Doha Open
Thu 11.30am & Fri 3pm Sky Sports+; Fri 5pm Sky Sports Tennis
Coverage from Khalifa International Tennis and Squash Complex.

WINTER SPORTS

LIVE Ski Jumping
Sat 10.20am Euro1
Coverage from Ljubno, Slovenia.

LIVE Snowboarding
Sat 5.20pm Euro2
From Cortina d'Ampezzo in Italy

Saturday 15

LIVE Melbourne City v Perth Glory
6am TNT Sports 1 (kick-off 6am)

LIVE Western United v Auckland FC
7am TNT Sports 2 (kick-off 7am)

LIVE Adelaide United v Newcastle Jets
8.30am TNT Sports 1 (kick-off 8.35am)

LIVE Melbourne City Women v Sydney FC Women
8.45am TNT Sports 4 (kick-off 8.45am)

LIVE Preston North End v Burnley
11am Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm)
The Championship fixture.

LIVE Leicester City v Arsenal
11am TNT Sports 1 (kick-off 12.30pm)
The Premier League match from King Power Stadium.

LIVE Cardiff City v Bristol City
12.25pm Sky Sports+ (kick-off 12.30pm)
The Championship match.

LIVE Leganes v Alaves
12.55pm Premier Sports 1 (kick-off 1pm)

LIVE Crystal Palace v Everton
5pm Sky Sports Main Event & Sky Sports Premier League (kick-off 5.30pm)
The Premier League match staged at Selhurst Park.

LIVE Bayer Leverkusen v Bayern Munich
5.20pm Sky Sports Football (kick-off 5.30pm)

LIVE AC Milan v Hellas Verona
7.30pm TNT Sports 2 (kick-off 7.45pm)

LIVE Villarreal v Valencia
7.55pm Premier Sports 2 (kick-off 8pm)

Sunday 16

LIVE Melbourne Victory Women v Central Coast Mariners Women
6am TNT Sports 4 (kick-off 6am)

LIVE Western Sydney Wanderers v Macarthur FC
6am TNT Sports 3 (kick-off 6am)

LIVE Brisbane Roar Women v Western United Women
7am TNT Sports 2 (kick-off 7am)

LIVE Perth Glory Women v Wellington Phoenix Women
9am TNT Sports 2 (kick-off 9am)

LIVE Hearts v Rangers
11am Sky Sports Main Event & Sky Sports Football (kick-off 12noon)
The Scottish Premiership match.

LIVE Arsenal v Tottenham Hotspur
12.15pm BBC2 (kick-off 12.30pm)
The Women's Super League game.

LIVE Liverpool v Wolverhampton Wanderers
1pm Sky Sports Premier League & 2pm Sky Sports Main Event (kick-off 2pm)

The Premier League match staged at Anfield.



LIVE PREMIER LEAGUE

Leicester City v Arsenal

Saturday, kick-off 12.30pm, TNT Sports 1

Myles Lewis-Skelly scored his first senior goal in Arsenal's 5-1 rout of Manchester City, a victory that keeps the pressure up on league leaders Liverpool. The Foxes, languishing in the drop zone, also host Brentford on Friday (8pm, Sky Sports).



LIVE PREMIER LEAGUE

Liverpool v Wolves

Sunday, kick-off 2pm, Sky Sports Main Event & Sky Sports Premier League

Wolves' 2-0 victory over Aston Villa lifted Vitor Pereira's side out of the bottom three and fans will be heartened by Matheus Cunha's decision to sign a new contract at Molineux. Liverpool won the reverse fixture 2-1 in September.



LIVE PREMIER LEAGUE

Tottenham Hotspur v Manchester United

Sunday, kick-off 4.30pm, Sky Sports Main Event & Sky Sports Premier League

Both sides have been hugely disappointing this season, and United boss Ruben Amorim has strengthened his squad during the transfer window, with Denmark's Patrick Dorgu arriving from Serie A side Lecce.

LIVE St Mirren v Hibernian

1.30pm Premier Sports 1 (kick-off 2pm)
The Scottish Premiership match.

LIVE Werder Bremen v TSG 1899 Hoffenheim
2.30pm Sky Sports Football & Sky Sports Mix (kick-off 2.30pm)

LIVE Partick Thistle v Rangers
4pm BBC Alba (kick-off 4.10pm)
Scottish Women's Premier League.

LIVE Tottenham Hotspur v Manchester United
4pm Sky Sports Main Event & Sky Sports Premier League (kick-off 4.30pm)
The Premier League match from Tottenham Hotspur Stadium.

LIVE Eintracht Frankfurt v Holstein Kiel
4.30pm Sky Sports Football & Sky Sports Mix (kick-off 4.30pm)
Coverage of the Bundesliga match.

LIVE Mallorca v Las Palmas
5.25pm Premier Sports 2 (kick-off 5.30pm)

LIVE Manchester City v Liverpool
6.30pm Sky Sports Football & Sky Showcase, 7.30pm Sky Sports Premier League (kick-off 6.45pm)
The Women's Super League match.

LIVE TSG 1899 Hoffenheim v FSV Mainz 05
6.30pm Sky Sports Mix (kick-off 6.30pm)

LIVE Juventus v Inter Milan
7.30pm TNT Sports 1 (kick-off 7.45pm)

LIVE Real Betis v Real Sociedad
7.55pm Premier Sports 2 (kick-off 8pm)

Monday 17

LIVE VfL Wolfsburg Women v Eintracht Frankfurt Women
3.45pm TNT Sports 1 (kick-off 3.45pm)

LIVE Leeds United v Sunderland
7pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The Championship match.

LIVE Barcelona v Rayo Vallecano
7.30pm ITV4 & 7.55pm Premier Sports 1 (kick-off 8pm)
Coverage of the LaLiga fixture.

Tuesday 18

LIVE AC Milan v Feyenoord
5.30pm TNT Sports 2 (kick-off 5.45pm)

The Champions League knockout-phase play-off second-leg match.

LIVE Atalanta v Club Brugge
7pm TNT Sports 1 (kick-off 8pm)
The Champions League knockout-phase play-off second-leg game.

LIVE Mansfield Town v Lincoln City
7.35pm Sky Sports+ (kick-off 7.45pm)

LIVE Benfica v Monaco
7.45pm TNT Sports 2 (kick-off 8pm)

The Champions League knockout-phase play-off second-leg game.

LIVE Bayern Munich v Celtic
Prime Video (kick-off 8pm)
The Champions League knockout-phase second leg. See p29.

Wednesday 19

LIVE Borussia Dortmund v Sporting Lisbon
5.30pm TNT Sports 4 (kick-off 5.45pm)
The Champions League knockout-phase play-off second-leg game.

LIVE Real Madrid v Manchester City
7pm TNT Sports 1 (kick-off 8pm)
The Champions League knockout-phase play-off second-leg fixture staged at Bernabeu. See p29.

LIVE EFL Trophy
7.30pm Sky Sports Main Event & Sky Sports Football
Coverage of a semi-final.

LIVE PSV Eindhoven v Juventus
7.45pm TNT Sports 2 (kick-off 8pm)
The Champions League knockout-phase play-off second-leg match.

LIVE Paris Saint-Germain v Brest

7.45pm TNT Sports 3 (kick-off 8pm)
The Champions League knockout-phase play-off second-leg match.

Thursday 20

LIVE AS Roma v FC Porto
5.30pm TNT Sports 3 (kick-off 5.45pm)
The Europa League knockout-phase play-off second-leg match.

LIVE Shamrock Rovers v Molde

7.45pm TNT Sports 2 (kick-off 8pm)
Conference League knockout-phase play-off second leg.

LIVE Anderlecht v Fenerbahce
7.45pm TNT Sports 3 (kick-off 8pm)
The Europa League knockout-phase play-off second-leg game.

Friday 21

LIVE Newcastle Jets v Brisbane Roar
8.30am TNT Sports 1
LIVE Austria v Scotland
4.50pm BBC Alba & 5pm BBC iPlayer (kick-off 5pm)
The Women's Nations League match at Josko Arena. See p28.

LIVE Italy v Wales
5pm BBC2 (Wales only) & 5.15pm BBC iPlayer (kick-off 5.15pm)
Women's Nations League game at Stadio Brianteo in Monza. See p28.

LIVE SC Freiburg v Werder Bremen
7.20pm Sky Sports Mix (kick-off 7.30pm)

LIVE Portugal v England
7.30pm ITV1 (kick-off 7.45pm)
Coverage of the Women's Nations League game staged at Estadio Municipal de Portimao. See p28.

LIVE Leicester City v Brentford
7.30pm Sky Sports Main Event & Sky Sports Premier League (kick-off 8pm)
The Premier League match from King Power Stadium.

LIVE Burnley v Sheffield Wednesday
7.30pm Sky Sports Football (kick-off 8pm)
The Championship match.

LIVE Poland v Northern Ireland
7.45pm BBC iPlayer (kick-off 7.45pm)
The Women's Nations League game at Gdansk Stadium. See p28.

LIVE Celta Vigo v Osasuna
7.55pm Premier Sports 1
LIVE Auckland FC v Wellington Phoenix
4am TNT Sports 1 (kick-off 4am)

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Premier League
TNT Sports 1, Sky Sports Main Event & Sky Sports Premier League
Leicester v Arsenal (k-o 12.30pm) and Crystal Palace v Everton (k-o 5.30pm).



We Love Bridget Jones: All the Laughter & More
Channel 5, 8.30pm
Documentary looking at the lasting appeal of Helen Fielding's character.



Songs Inspired by the Movies at the BBC
BBC2, 8.35pm
Lights, camera, action! Performances of songs inspired by the world of cinema.



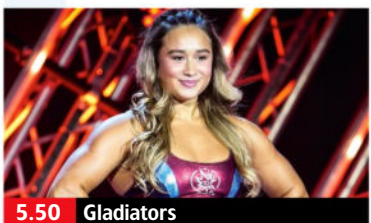
The Jonathan Ross Show
ITV1, 9.35pm
Guests include *Succession* actor Brian Cox (above), *Dancing on Ice* judge Oti Mabuse and comic Chris McCausland.

	SKY EVENING TIME	7.00 PM	7.30 PM	8.00 PM	8.30 PM	9.00 PM	9.30 PM	10.00 PM	10.30 PM
FAVOURITES	101 BBC1	6.50 Michael McIntyre's Big Show	7.50 Celebrity Bridge of Lies...	8.35 The Weakest Link	9.20 Casualty	10.05 News	10.25 Match of the Day		
	102 BBC2	5.15 Rugby League...	7.35 Liz Bonnin's Wild Caribbean	8.35 Songs Inspired by the Movies at the BBC			10.25 Movie Themes at...		
	103 ITV1	7.00 The Masked Singer		8.30 The 1% Club	9.35 The Jonathan Ross Show	10.30 News			
	104 CHANNEL 4	6.50 All Aboard! Scotland's...	7.50 Film: Uncharted		10.00 Film: The Contractor				
	105 CHANNEL 5	7.05 The Vicar of Dibley: Funniest Moments and More	8.30 We Love Bridget Jones: All the Laughter and More	10.00 Film: Bridget Jones: The Edge of Reason					
	106 SKY SHOWCASE	7.00 Landscape Artist of the Year	7.55 The Simpsons	8.20 A League of Their Own	9.20 Film: Jason Bourne				
ENTERTAINMENT	115 BBC3	7.00 EastEnders	8.00 Top Gear	9.05 Two Pints of Lager and a Packet of Crisps					
	116 BBC4	7.00 Ulster...	7.20 All Creatures Great and Small	9.00 An t-Eilean (The Island)					
	118 ITV2	6.55 Film: Legally Blonde 2: Red, White & Blonde		9.00 Love Island: All Stars: Unseen Bits	10.05 Family Guy				
	136 MORE4	6.55 Four in a Bed	7.55 999: On the Front Line	9.00 24 Hours in A&E					
	135 E4	6.40 Film: Home Alone 2: Lost in New York		9.00 Celebrity Gogglebox	10.00 Gogglebox				
	107 SKY WITNESS	7.00 Nothing to Declare		9.00 Elsbeth	10.00 Blue Bloods				
	108 SKY ATLANTIC	6.55 The Sopranos	8.10 Riviera	9.55 Game of Thrones					
	110 U&GOLD	7.00 Only Fools and Horses		9.50 Mrs Brown's Boys	10.30 Billy Connolly...				
	111 U&DAVE	6.40 Mortimer & Whitehouse: Gone...	8.00 Special Ops: To Catch a Criminal	9.00 Not Going Out					
	119 ITV3	7.00 Midsomer Murders		9.00 Vera					
	120 ITV4	7.05 River Monsters	7.35 Made in Britain	9.00 English Football League Highlights	10.35 Film: Alien³				
	112 COMEDY CENTRAL	7.20 Film: Mr Bean's Holiday		9.00 Film: American Made					
DOCUMENTARY	139 SKY SCI-FI	7.00 Star Trek: Voyager		9.00 The Walking Dead					
	113 SKY MAX	7.00 NCIS: Los Angeles	8.00 A League of Their Own	9.00 Strike Back: Vengeance	10.00 The Walking Dead: The Ones Who Live				
	109 U&ALIBI	7.00 Father Brown	8.00 Shakespeare & Hathaway: Private Investigators	10.00 Beyond Paradise					
	130 SKY ARTS	7.00 Queen: From Rags to Rhapsody	8.20 Queen - Live at Wembley Stadium	9.40 Queen: Days of Our Lives					
	132 U&W	7.00 Outnumbered		9.00 Gavin & Stacey					
	125 DISCOVERY	7.00 Gold Divers	8.00 Harpoon Hunters	9.00 Marooned with Ed Stafford	10.00 Mystery at Blind Frog Ranch				
FILMS - Sky Cinema	162 ANIMAL PLANET	7.00 How Do Animals Do That?	8.00 Guardians of Rescue	9.00 Animal Cops Houston	10.00 Alaskan Bush People				
	129 NAT GEO	7.00 Air Crash Investigation		10.00 No Man Left Behind					
	123 SKY HISTORY	7.00 Greatest Heists with Pierce Brosnan		9.00 The Unbelievable with Dan Aykroyd					
	155 U&YESTERDAY	7.00 The Warship: Tour of Duty	8.00 Greece with Simon Reeve	10.00 'Allo 'Allo!					
	121 SKY DOCS	7.00 Film: Touching the Void		9.00 The Two Escobars					
SPORT	301 PREMIERE	5.45 The Bikeriders	8.00 The Line	10.00 I Saw the TV Glow					
	302 VALENTINE	5.50 Bridget Jones's Baby	8.00 How to Lose a Guy in 10 Days	10.00 Scott Pilgrim vs. the World					
	303 HITS	6.00 Wonka	8.00 Barbie	10.00 Madame Web					
	304 GREATS	6.20 The Naked Gun	8.00 The Naked Gun 2½: The Smell of Fear	9.40 The Naked Gun 3½: The Final Insult					
	305 ANIMATION	7.10 The Garfield Movie	8.55 The Adventures of Tintin: The Secret of the Unicorn						
	306 HARRY POTTER	6.00 Harry Potter and the Deathly Hallows: Part I	8.30 Harry Potter and the Deathly Hallows: Part II						
	307 ACTION	5.40 American Sniper	8.00 Bad Boys: Ride or Die	10.05 Bad Boys					
	308 COMEDY	6.15 Hope Springs	8.00 Bowfinger	9.50 The Machine					
	309 THRILLER	6.00 Ocean's Eight	8.00 The Da Vinci Code		10.30 Cult Killer				
	310 DRAMA	5.45 P.S. I Love You	8.00 Suburbicon	10.00 Dallas Buyers Club					
SPORT	311 SCI-FI	6.15 The Nun	8.00 Interstellar						
	313 FILM4	6.55 Daddy's Home 2	9.00 Ad Astra						
	401 MAIN EVENT	5.00 SNF - Live: Crystal Palace v Everton (Kick-off 5.30)	8.30 PGA Tour Golf - Live: The Genesis Invitational						
	402 PREMIER LEAGUE	5.00 SNF - Live: Crystal Palace v Everton (Kick-off 5.30)	8.30 Game of the Day	10.30 PL Highlights					
	403 FOOTBALL	5.20 Bundesliga...	7.30 Bundesliga...	8.00 EFL	10.00 EFL Highlights				
SPORT	404 CRICKET	7.00 ICC Men's T20 World Cup	8.00 WPL	9.00 ICC Champions Trophy Cricket	10.00 WPL				
	410 TNT SPORTS 1	5.15 Premiership Women's Rugby - Live	8.00 Isuzu UTE A-League						
	411 TNT SPORTS 2	6.45 Sign Up...	7.30 Serie A - Live: AC Milan v Hellas Verona (Kick-off 7.45)	10.00 UFC - Live					



BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM Breakfast (S)
10.00 **Saturday Kitchen** *New edition*
With actor Brie Larson. (S)
11.30 **Rick Stein's Cornwall** The chef catches Cornish king crab. (S)(R)
12.00 NOON **Football Focus** (S)
1.00 PM **BBC News** (S)
1.15 **Bargain Hunt** (S)(R)
2.00 **Money for Nothing** (S)(R)
2.45 **Escape to the Country** Nicki Chapman helps a family find their dream home in Norfolk. (S)(R)
3.30 **Blue Planet II** Wildlife inhabiting underwater kelp forests. (S)(R)(AD)
4.30 **Final Score** Results round-up. (S)
5.30 **BBC News** (S)
5.40 **Local News** (S)
5.50 **Gladiators** *New edition* 4/11. Bradley and Barney host as records are smashed and it is a race to the finish on the Unleash track. (S)(AD)



5.50 **Gladiators**

- 6.50** **Michael McIntyre's Big Show**
New edition 5/6. Judi Love hands over her phone for Send to All, and Shirley Ballas helps Michael surprise the Unexpected Star of the Show. Plus, music from Alfie Boe and Michael Ball. (S)
7.50 **NEW SERIES**
Celebrity Bridge of Lies: EastEnders Special
1/10. Ross Kemp presents a special edition of the quiz featuring his fellow *EastEnders* stars, including Michelle Collins, Adam Woodyatt, Micah Balfour and Molly Rainford. (S)
8.35 **The Weakest Link**
With *EastEnders* stars Natalie Cassidy, Kellie Bright, Brian Conley, Ross Boatman, Danielle Harold, Lorraine Stanley, Tony Clay and Delroy Atkinson. (S)(R)
9.20 **Casualty**
Jodie: Jodie looks back on her days as a student midwife, when her mother chose to stop her chemotherapy treatment. (S)(AD)
10.05 **BBC News** (S)
10.25 **Match of the Day**
Gary Lineker presents action from the latest Premier League matches, including Leicester City v Arsenal and Manchester City v Newcastle United. (S)
■ *Match of the Day 2* is on tomorrow at 10.30pm
11.55 **FILM Just Mercy** Fact-based drama starring Michael B Jordan and Jamie Foxx. A death row prisoner appeals his murder conviction, with the help of a young civil rights defence attorney. (S) (2019, 15, 130min) ★★★★★
2.05 AM **Weather for the Week Ahead** Seven-day forecast. (S)
2.10 to **6.00** AM **BBC News** (S)

BBC2

- 102** **102** **2** **102** **102**
- 6.20** AM **Children's Programmes**
9.00 **Gardeners' World** (S)(R)
10.00 **Our Coast** (S)(R)
11.00 **Sort Your Life Out with Stacey Solomon** (S)(R)(AD)
12.00 NOON **Nadiya's Simple Spices** (R)
12.30 PM **Raymond Blanc's Kitchen Secrets** Bread recipes. (S)(R)(AD)
1.00 **FILM Designing Woman** Comedy starring Gregory Peck and Lauren Bacall. (S) (1957, U, 115min) ★★★
2.55 **FILM Mr Malcolm's List** Drama with Freida Pinto and Sope Dirisu. (S) (2022, PG, 110min) ★★★
4.45 **Flog It!** From London Zoo. (S)(R)
5.15 **LIVE Rugby League: Super League** St Helens v Salford Red Devils: Coverage of both teams' opening match of the season, held at Totally Wicked Stadium. Kick-off is at 5.30. (S)



8.35 **Songs Inspired by the Movies**

- LIVE Rugby League: Super League**
(started at 5.15pm)
7.35 **Liz Bonnin's Wild Caribbean**
4/4. Liz explores the South American coastline, one of the most populated regions of the Caribbean, and starts with her ancestral home of Trinidad and its carnival. (S)(R)(AD)
8.35 **NEW Songs Inspired by the Movies at the BBC**
A trawl through the BBC archive for a collection of chart hits that take their inspiration from big-screen stars and classic movie moments, featuring Bananarama, Kim Carnes, Shania Twain, Gorillaz and The Passions. (S)
10.25 **Movie Themes at the BBC**
Archive performances of songs from blockbusters, Oscar-winners, comedies and family favourites, featuring Destiny's Child, Paul Simon, Simple Minds and Dolly Parton. (S)(R)
11.25 **Movie Themes at the BBC: Volume 2** Archive performances of songs from the big screen. (S)(R)
12.25 AM **Sings Bond** Performances of James Bond theme tunes from across the years. (S)(R)
1.25 **FILM Quo Vadis, Aida?** Fact-based drama starring Jasna Djuricic. Partly subtitled. (2020, 15, 100min) ★★★★★
3.05 **Sign Zone: Call the Midwife** (S)(R)
4.05 to **6.30** AM **Previews** (S)

ITV1

- 103** **103** **803** **103** **3** **103** **103** **103**
- 6.00** AM **Dancing on Ice** (S)(R)
7.30 **Love Your Garden** (S)(R)(AD)
8.25 **Judi Love's Culinary Cruise** (S)(R)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** *New edition* With Dave Gorman. (S)
11.40 **Nisha Katona's Home Kitchen** *New edition* Nisha cooks a feast including ginger biscuit lamb raan and poppy seed potatoes. (S)
12.40 PM **ITV News** (S)
1.00 **LIVE Racing** Coverage from Ascot, Wincanton and Haydock Park. (S)
4.00 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
4.30 **ITV News** (S)
4.45 **Local News** (S)
5.00 **The Chase Celebrity Special**
Toby Anstis, Paula Radcliffe, Rav Wilding and Vanessa Feltz try to win big money for charity. (S)(R)



6.00 **Wheel of Fortune**

- 6.00** **Wheel of Fortune**
New edition On couples night, Graham Norton hosts as Kerrick and Declan, Ricky and Sarah and Sadiq and Shabina compete to solve puzzles to get the chance to spin the wheel. (S)(AD)
7.00 **The Masked Singer**
Series finale 8/8. Joel Dommett hosts the Grand Final of the singing contest as the remaining three Masked Singers are joined by three previous singers for one-of-a-kind duets before one is crowned champion. With guest Danny Jones. (S)(AD)
8.30 **The 1% Club**
New edition Quiz show hosted by Lee Mack in which the questions are all about logic and common sense, with 100 contestants in every show having a chance of winning up to £100,000. (S)(AD)
9.35 **NEW SERIES**
The Jonathan Ross Show
The host is joined by Brian Cox, Christina Hendricks, Oti Mabuse and Chris McCausland. Plus, music by Snow Patrol. (S)
10.30 **ITV News** (S)
10.50 **The Murder of Alex Rodda: Social Media Murders**
The killing of 15-year-old Alex Rodda, who was groomed on the internet by Matthew Mason, who murdered Alex as he wanted to keep their relationship secret. (S)(R)(AD)
11.50 **English Football League Highlights** Recent action, including Middlesbrough v Watford. (S)(R)
1.10 AM **Teleshopping**
3.00 **Next Level Chef USA** (S)(SL)(R)
3.45 **Unwind with ITV** (S)
5.00 to **6.00** AM **Ainsley's National Trust Cook Off** (S)(SL)(R)(AD)

+1 hour 203 303 35 112

CHANNEL 4

- 104** **104** **108** **804** **108** **4** **104** **104** **106**
- 5.50** AM **Cheers** 9-11/22. (S1) (S)(R)
7.15 **Everybody Loves Raymond** 15&16/25. (S2) (S)(R)(AD)
8.10 **Frasier** (S6&7) (S)(R)(AD)
10.40 **The Simpsons** (S)(R)(AD)
12.10 PM **FILM Transformers: Age of Extinction** Sci-fi adventure with Mark Wahlberg and Stanley Tucci. (S)(AD) (2014, 12, 190min) ★★★
3.20 **Location, Location, Location**
Kirstie Allsopp visits Devon to meet single mum Michelle. (S)(R)
4.20 **News** (S)
4.50 **Sarah Beeny's New Life in the Country** *New edition* After taking a DNA test, Graham discovers some unexpected family history. (S)(AD)
5.50 **Our Farm Next Door: Amanda, Clive and Kids** 2/5. The first major job is to strip off the valuable old roof stone. (S)(R)(AD)



7.50 **Uncharted**

- 6.50** **All Aboard! Scotland's Poshest Train**
2/4. Alan Cumming gets treated to some serious pampering in the *Royal Scotsman's* onboard spa. At the Wemyss Bay station, he learns how the building's unique glass and steel design seamlessly connects passengers from train to ferry. (S)(R)(AD)
7.50 **FILM Uncharted**
Action adventure starring Tom Holland and Mark Wahlberg. A pair of treasure hunters embark on a globetrotting search for a fortune that was lost 500 years previously, in a race against time against a ruthless rival who claims to be the rightful owner. The quest for fortune and glory sets the younger of the duo on a search for his missing brother. With Antonio Banderas. (S)(AD) (2022, 12, 130min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
10.00 **FILM PREMIERE**
The Contractor
Drama starring Chris Pine and Ben Foster. After being discharged from the Marines, a man joins a paramilitary organisation to support his family in the only way he knows how. (S)(AD) (2022, 15, 125min) ★★★★★ See review, page 25.
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.05 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
12.55 **Kirstie and Phil's Love It or List It** In Wolverhampton. (S)(SL)(R)(AD)
1.50 **Location, Location, Location** (R)
2.45 **Jamie's One-Pan Wonders** (S)(R)
3.10 **The Simpsons** (S)(R)(AD)
4.25 to **5.45** AM **Frasier** (S)(R)(AD)

+1 hour 204/208 304 15 121

6 PM

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
8.55 SpongeBob SquarePants (S)(R)
9.10 Entertainment News (S)
9.20 Winter Road Rescue (S)(R)
9.45 Cruising with Jane McDonald
 Triple bill of editions. (S)(R)
12.30 PM The Weekend Travel Show
New edition 6/8. Georgie Barrat shows off travel gadgets, including camera-sunglasses and pop-up beach tents. (S)
2.00 Susan Calman's Grand Day Out Double bill. (S)(R)
4.00 James May's Great Explorers 1/3. The host profiles famous explorers, beginning with Christopher Columbus. (S)(R)
5.30 Morecambe & Wise: Look Back in Laughter
 Shedding light on the success of the celebrated duo. (S)(R)



10.00 Bridget Jones: The Edge of...

Morecambe & Wise: Look Back in Laughter
 (started at 5.30pm)

- 7.00 News** (S)
7.05 The Vicar of Dibley: Funniest Moments and More
 Documentary celebrating Richard Curtis's much-loved sitcom, featuring clips along with insight and analysis from cast, crew and celebrity fans. (S)(R)
8.30 NEW We Love Bridget Jones: All the Laughter and More
 With *Bridget Jones: Mad About the Boy* opening in cinemas around the country on Valentine's Day, this documentary explores the impact of Helen Fielding's heroine and why fans across the world love her. (S)
10.00 FILM Bridget Jones: The Edge of Reason
 Romantic comedy sequel starring Renée Zellweger, Colin Firth and Hugh Grant. (S) (2004, 15, 130min) ★★
 SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.10 AM Million Pound Motorhomes (S)(R)
1.05 PlayOJO Live Casino Show (S)
3.05 Britain's Great Cathedrals with Tony Robinson (S)(R)
3.55 Loyalty Cards: Are They a Rip Off? Documentary. (S)(R)
4.45 House Busters (S)(SL)(R)
5.10 Wildlife SOS (S)(SL)(R)
5.35 to 5.40 AM
 Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM The Very Small Creatures**
6.05 My Little Pony: Friendship is Magic Animation. (S)(R)
6.55 Where's Wally (S)(R)
7.45 Dig Detectives (S)(R)
8.00 Monkey Life (S)(R)(AD)
8.25 Big Cats: An Amazing Animal Family Double bill. (S)(R)(AD)
10.20 FILM Gnomeo & Juliet
 Animated family comedy. (S) (2011, U, 83min) ★★
12.00 NOON The Simpsons
 Six episodes, including at:
2.30 PM Love Is in the N2-O2-Ar-CO2-Ne-He-CH4: Professor Frink plays matchmaker. (S)(R)
3.00 Soccer Saturday Pre-Match
 Up-to-the-minute scores.
5.00 Secrets in the Ice Investigating great mysteries that have been frozen in time. (S)(R)



9.20 Jason Bourne

- 6.00 Mayhem! The Secret Lives of the Georgian Kings**
 2/4. Dramatic reconstruction and expert testimony reveal George II's battles with his family that threatened the Hanoverian succession. (S)(R)
7.00 Landscape Artist of the Year
 London's St Pancras Basin provides the setting for the fourth heat. (S)(R)(AD)
7.55 The Simpsons
Meat Is Murder: Grampa finds himself in a sticky situation when his past comes back to haunt him. (S)(R)
8.20 A League of Their Own
 6/8. Romesh Ranganathan hosts as England and Newcastle winger Anthony Gordon joins regulars Jamie Redknapp, Jill Scott and Micah Richards, alongside Big Zuu and Maisie Adam. (S)(R)
9.20 FILM Jason Bourne
 Action thriller starring Matt Damon and Tommy Lee Jones. Former government operative Jason Bourne is drawn out of hiding to uncover more truths about his father. With Alicia Vikander and Julia Stiles. (S) (2016, 12, 123min) ★★
 SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.40 An Idiot Abroad 2/8. Karl arrives in India. (S)(R)(AD)
12.40 AM From 9/10. The town residents learn that one of their own has gone missing. (S)(R)
1.50 10/10. Boyd is pushed to his limit as time runs out for someone he loves. (S3) (S)(R)
3.00 The Office (US) (S7) (S)(R)
4.00 to 6.00 AM
 Nothing to Declare (S)(R)(AD)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
 Sky 964, Virgin 862, Freesat 964

- 1.15-2.00pm** Escape to the Country (S)(R) **2.45** Blue Planet II (S)(R)(AD)
3.45 Wynne & Joanna: All at Sea (S)(R) **4.15-5.30** SportsScene: Open All Mics (S) **11.55** SportsScene: Premiership Highlights (S)(R) **12.55am FILM** Just Mercy (S) (2019, 15, 130min) ★★ ★★ **3.05** Weather for the Week Ahead (S) **3.10-6.00am** BBC News (S)

N. IRELAND

Sky 966, Virgin 863, Freesat 966
 No variations

WALES

Sky 965, Virgin 864, Freesat 965
11.30am-12.00noon The Six Nations Greatest Moments (S)(R) **1.15-4.30pm LIVE** Snooker: The Welsh Open (S)

BBC2

N. IRELAND
 Sky 969, Freesat 969

- 4.45-5.15pm** Anna Haugh's Big Irish Food Tour (S)(R)

WALES

Sky 968, Freesat 968
12.30pm The Best Dishes Ever (S)(R) **12.45 FILM** Designing Woman (S) (1957, U, 115min) ★★ ★★
2.40 FILM Mr Malcolm's List (S) (2022, PG, 110min) ★★ ★★ **4.30** Earth's Greatest Spectacles (S)(R)
5.30 Extraordinary Portraits with Bill Bailey **New edition** (S) **6.00** Gardeners' World (S)(R)
7.00 LIVE Snooker: The Welsh Open (S) **10.00** Florida: America's Animal Paradise (S)(R) **10.05** Uncanny: Post Mortem **New edition** (S)(AD)
10.35pm-12.25am NEW Songs Inspired by the Movies at the BBC (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Priodas Pum Mil **11.00** Bois y Pizza: Chwe' Gwlad (AD) **11.30** Codi Pac **12.00noon** Ffermio **12.30pm** Cartrefi Cymru **1.00** Jason Mohammad: Stadiymau'r Byd **2.00** Am Dro! (AD) **3.00** Adre **3.25** Taith Bywyd (AD) **4.25** Sgwrs Dan y Lloer **5.00** LIVE Clwb Rygbi **7.15** Newyddion a Chwaraeon **7.30 LIVE** Clwb Rygbi **9.45** Curadur **10.20** Cyfrinachau'r Llyfrgell **11.20-11.55pm** Bois y Pizza: Chwe' Gwlad (AD)

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM EastEnders** Sharon's attempts to support Phil fall flat as he lashes out at her. **7.30** Sonia confronts Reiss about his whereabouts.
8.00 Top Gear The presenters compete in a 1950s-style race from London to Edinburgh, and Michael Schumacher drives the Reasonably Priced Car.
9.05 Two Pints of Lager and a Packet of Crisps 1/8. Jonny wins a competition to jump over a shark in Hawaii. **9.35** 2/8. Janet struggles to accept Jonny's death. **10.05** 3/8. Louise asks to move in with Janet, and Donna tries to help her boss.
10.35 4/8. Janet picks an unconventional theme for Donna's wedding. (S7)
11.05 Boarders 3&4/6. (S2)
12.40 AM Hire Me: Competing for a Dream Job
1.10 Top Gear As 8.00pm.
2.20 Two Pints of Lager and a Packet of Crisps
3.50 to 4.00 AM
 Press X to Continue

MORE4

136/137 831 147 18 124

- 8.55 AM George Clarke's Amazing Spaces**
9.55 Ugly House to Lovely House with George Clarke
11.00 George Clarke's Old House, New Home
12.00 NOON Four in a Bed
2.40 PM Come Dine with Me
 Five editions from Edinburgh.
5.20 Four in a Bed The contest begins at North Bridge Street B&B in Hawick.
5.50 The contest continues at the Golden Fleece in Ruleholme, Cumbria.
6.25 Four in a Bed The third visit is to The Bubble Inn in Stenson, Derbyshire.
6.55 The final visit of the week is to the Ayuda House in Greater Manchester.
7.25 The B&B owners meet one final time.
7.55 999: On the Front Line
 A crew in Kidderminster rush to an unconscious baby.
9.00 24 Hours in A&E
 A 13-year-old girl is brought in to St George's after being knocked off her bike.
10.00 A 63-year-old builder falls from a great height while working on a construction site.
11.05 Emergency Helicopter Medics Documentary.
12.10 AM 999: On the Front Line Medical series.
1.15 24 Hours in A&E
3.25 to 3.50 AM Food
 Unwrapped Investigates

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM Ulster in Focus** A trip along the River Bann.
7.20 All Creatures Great and Small *Ways & Means*: James encounters a savage pig. **8.10 Pups, Pigs & Pickles: James finds it difficult to accept a farmer's thanks.
9.00 NEW SERIES An t-Eilean (The Island) 1/4. Murder mystery starring Sorcha Groundsell. A family liaison officer investigates a murder at a remote island mansion. **9.55 New episode** 2/4. Kat brings up the inconsistencies in Sir Douglas's story to her boss. Partially subtitled. (S1)
10.45 FILM PREMIERE
Compartment No 6 Drama starring Seidi Haarla and Yura Borisov. Two strangers share a train journey that will change their lives forever. Partly subtitled. (2021, 15, 107min)
12.25 AM Going Straight
12.55 As Time Goes By
1.25 All Creatures Great and Small Double bill.
3.10 to 3.30 AM
 Ulster in Focus**

+1 hour 235/236 306 30 123

Saturday

primetime

primetime

SATURDAY Entertainment

Sky Witness

107 807 110 341 356

- 6.00** AM *Send in the Dogs*
8.00 *Motorway Patrol*
9.00 *Highway Patrol*
10.00 *Border Patrol*
12.00 NOON *Border Security: Canada's Front Line* A street performer is caught in the middle of an escape act.
12.30 PM A distinctive bag has officers seeing double.
1.00 PM *UK Border Force* Officers search UK-bound lorries for illegal immigrants.
2.00 *Nothing to Declare* Ten editions of the documentary.

9.00 *Elsbeth*

Sky Atlantic

108/109 808 342 357

- 6.00** AM *Fish Town*
10.00 *Big Love* Five episodes of the drama series, including at:
2.00 PM 5/12. Rhonda pleads for Sarah's help, and Bill has a surprise at the diner. (S2)
3.00 *The Sopranos* 17/21. AJ is inconsolable after his break up.
4.00 18/21. Paulie is frustrated by the poor attendance at his mother's wake.
5.00 19/21. AJ takes drastic action to end his misery.
6.00 20/21. An innocent family is shot dead. (S6)

9.00 *Riviera*

Sky Max

113/114 813 111 346 351

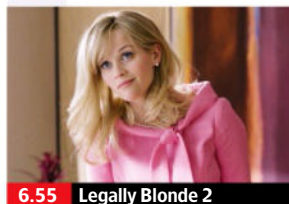
- 6.00** AM *The Flash* 4-8/18. (S7)
11.00 *Grimm* 17-20/22. (S1)
3.00 PM *NCIS: New Orleans* 15/16. The FBI arrest Connor in connection to the firebombing.
4.00 16/16. On the eve of his wedding to Rita, Pride must find who attacked Jimmy and Connor. (S7)
5.00 *NCIS: Los Angeles* 1/22. Callen suspects Hetty of keeping secrets about his past.
6.00 2/22. A Japanese-American veteran is the victim of a vicious hate crime. (S13)

9.00 *Strike Back: Vengeance*

ITV2

118 816 115 6 113

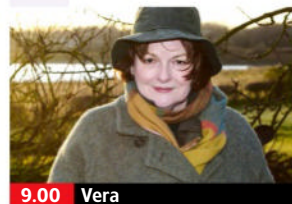
- 6.00** AM *CITV*
9.00 *Totally Bonkers*
Guinness World Records
9.30 *Secret Crush* Double bill.
11.30 *Dinner Date* Double bill.
1.30 PM *The Masked Singer*
3.00 *Wheel of Fortune*
4.00 *Celebrity Catchphrase*
5.05 *FILM Ice Age 3: Dawn of the Dinosaurs* Animated comedy sequel with the voice of John Leguizamo. Sid the sloth's friends search for him when he is taken to an underground world. (2009, U, 93min) ★★

6.55 *Legally Blonde 2*

ITV3

119 117 10 115

- 6.00** AM *Bless This House*
6.30 *Inspector Morse* Double bill.
11.00 *FILM The Magnificent Two* Comedy starring Eric Morecambe and Ernie Wise. (1967, PG, 96min) ★★
1.00 PM *A Touch of Frost Private Lives* A hit-and-run has devastating repercussions.
3.00 *Agatha Christie's Marple The Moving Finger* The sleuth investigates a poison-pen letter.
5.00 *Midsomer Murders Echoes of the Dead* Barnaby investigates wedding-themed murders.

9.00 *Vera*

7 PM

- 7.00** *Nothing to Declare* Double bill of the documentary following the work of customs officers in Australia.

8 PM

- 8.00** *Nothing to Declare* Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM

- 9.00** *Elsbeth An Ear for an Ear* 6/10. A prominent New York plastic surgeon is found dead. Guest stars Gina Gershon. (S1)

10 PM

- 10.00** *Blue Bloods Good Intentions* 5/20. Danny and Baez go out of their way to help a man find his missing sister. (S12)
11.00 *Chicago Fire* 14/22. Ritter catches a politician in a compromising position. (S11)
12.00 MT *The Rookie* 5/14. (S3)
1.00 AM *The Good Doctor* (S2)
2.00 *For Life* 10/13. (S1)
3.00 to **6.00** AM *Nothing to Declare*

+1 hour 207 310

- 6.55** *The Sopranos Made in America* 21/21. Last-ever episode. Tony comes out of hiding to find Phil. (S6)

- 8.10** *Riviera* 5/8. Alex is angered to learn that Georgina and Gabriel are on the run.

- 9.00** *Riviera* 6/8. Georgina and Gabriel try to persuade Juliana to co-operate with a lawyer. (S3)

- 9.55** *Game of Thrones The Climb* 6/10. Robb weighs up a compromise to repair his alliance with House Frey. (S3)

- 11.00** *Game of Thrones* 7/10. Melisandre reveals a secret.
12.10 AM 8/10. Davos demands to see proof of Melisandre's power. (S3)
1.20 9&10/13. (S3)
3.45 *Gomorra* 8/10. (S5)
4.50 to **6.00** AM *Urban Secrets*

+1 hour 208/209

- 7.00** *NCIS: Los Angeles Indentured* 3/22. Sam and Kilbride clash over a case involving an arms dealer. (S13)

- 8.00** *A League of Their Own* Sports-based comedy quiz, with Anthony Gordon, Maisie Adam and Big Zuu.

- 9.00** *Strike Back: Vengeance* 7/10. Section 20 search for leads to a political prisoner broken out of jail by Matlock. (S3)

- 10.00** *The Walking Dead: The Ones Who Live Become* 5/6. Rick and Michonne's journey is not as easy as they had hoped. (S1)

- 11.05** *An Idiot Abroad* 2/8. Karl Pilkington explores India.
12.05 AM *From* 9/10. Tensions are at an all-time high.
1.15 10/10. Boyd is pushed to his limit as time begins to run out for someone he loves. (S3)
2.30 *Warrior* 9/10. (S3)
3.30 *Road Wars* Vehicle crime.
4.00 to **6.00** AM *Air Ambulance ER*

- 6.55** *FILM Legally Blonde 2: Red, White & Blonde* Comedy sequel starring Reese Witherspoon. Dizzy blonde Elle Woods tackles Washington's political elite to win support for animal rights. (2003, PG, 95min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00** *Love Island: All Stars: Unseen Bits* *New edition* One final chance to catch all the exclusive unseen moments from the show.

- 10.05** *Family Guy* 3/30. Peter decides he needs to achieve fame. (S4)
10.35 3/7. Stewie's first birthday arrives. (S1)

- 11.05** *Family Guy* 4/7. Stewie tries to build a time machine in a bid to avoid teething pain. (S1)
11.35 *American Dad!* (S1)
12.35 AM *The Sex Lives of College Girls* 3&4/10. (S3)
1.45 *Iain Stirling's CelebAbility*
2.30 to **3.00** AM *Unwind with ITV*

+1 hour 218 315 29 114

- 7.00** *Midsomer Murders Dark Secrets* The life of an eccentric and reclusive couple comes under police scrutiny when a social services investigator is killed. Meanwhile, Barnaby's wife arrives in Midsomer.

- 9.00** *Vera Young Gods* Delving into the past of an extreme sports fan who has plunged from a cliff in a ball of flames, Vera uncovers a lifetime of bullying and an unexpected story of rough justice.

- 11.00** *Vera Prodigal Son* A crime of passion is suspected when a former policeman is stabbed to death. Guest stars Jill Halfpenny and Ralph Ineson.
1.00 AM *Joanna Lumley's Spice Trail Adventure*
2.00 to **2.30** AM *Mr Bean*

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- 12.00** NOON *This Is BBC Scotland*
7.00 PM *Reporting Scotland*
7.15 *Sportscene: Premiership Highlights* The latest top-flight action, including Celtic v Dundee United.
8.15 *Icons of Football* The story of Charlie Nicholas.
8.45 *Rewind 1990s* A look at news, events and music from 1990.
9.00 *Murder Trial: Body in the Warehouse* The murder of 60-year-old army veteran Ean Coultts.
10.00 *Mrs Brown's Boys* 6/6. Newlyweds Dermot and Maria argue. (S1)
10.30 *Two Doors Down* 6/6. Beth hosts a baby shower for Sophie. (S2)
11.00 *Scot Squad* 5/5. Squire and McGill are on a lengthy stakeout. (S7)
11.30 PM to **12.00** MT *T in the Park: Best Bits* Featuring Kings of Leon.

Sky Comedy

114/115 814 112 347 362

- 8.00** AM *The Conners* (S3)
10.00 *Silicon Valley* (S6)
12.20 PM *Wellington Paranormal* (S4)
3.20 *Entourage* (S7)
6.30 *The Office (US)* 17/26. The Dunder Mifflin staff are excited to see *Threat Level Midnight*.
7.00 18/26. Todd Packer moves into the Dunder Mifflin office.
7.30 19/26. Michael searches for the perfect way to propose to Holly.
8.00 20/26. Guest stars Will Ferrell.
8.30 21/26. Michael prepares to host his last-ever Dundie awards. (S7)
9.00 *SNL50: Beyond Saturday Night* Four editions looking behind-the-scenes at the comedy sketch show.
1.35 AM *Entourage* (S5)
2.40 *Romantic Getaway*
3.50 *The Righteous Gemstones* 6/9. (S1)
4.35 to **5.00** AM *Sort Of*

Sky Arts

130/131 826 123 36 143 365

- 6.00** AM *FILM South Pacific* Vintage musical. (1958, U, 151 min) ★★ ★★
8.45 *Tales of the Unexpected*
11.00 *Alfred Hitchcock Hour*
1.00 PM *FILM The Return of the Pink Panther* Crime caper sequel. (1974, PG, 113min) ★★ ★★
3.15 *Landscape Artist of the Year* From St Pancras Basin, London.
4.15 *Concert for George* A musical tribute to George Harrison.
7.00 *Queen: From Rags to Rhapsody* Documentary following the band's early years.
8.20 *Queen: Live at Wembley Stadium*
9.40 *Queen: Days of Our Lives* Double bill.
12.20 AM *Freddie Mercury: The Untold Story*
1.40 *Led Zeppelin: In the Light*
3.00 *Greatest Albums Live*
4.30 *Foreigner: Music Icons*
5.00 to **6.00** AM *Discovering*

Sky Mix

151 135 11 141

- 6.00** AM *Nothing to Declare*
8.00 *Madagascar: A Little Wild* Animation.
8.25 *Alvin!!! and the Chipmunks* Double bill.
8.50 *Pooch Mooch*
9.00 *Nothing to Declare*
11.00 *Highway Cops*
11.30 *Monkey Life*
2.00 PM *City Wildlife Rescue*
3.00 *Wildest New Zealand*
4.00 *Australia's Hidden Islands* Kangaroo Island.
5.00 *Big Beasts: Last of the Giants* Exploring the challenges facing nature's giants in Africa.
6.00 *Macaque Island*
7.00 *Whale with Steve Backshall* Documentary.
8.00 *Caught on Dashcam*
9.00 *Made for Murder*
10.00 *Sex and the City* (S2)
12.05 AM *Caught on Dashcam*
1.00 *Brit Cops: Rapid Response* Documentary.
2.00 *Nothing to Declare*
4.00 to **6.00** AM *Highway Patrol*

ITV Be

131/132 119 28 119

- 7.30** AM *Unwind*
7.40 *Backyard Builds* *New edition* A backyard with a ravine in it.
8.05 *The Real Housewives of Jersey* Reality series.
9.10 *Giovanna Fletcher: Made in Italy*
10.10 *Scott's Vacation* House Rules Triple bill.
1.00 PM *Abbey Clancy: Celebrity Homes*
2.00 *The Only Way Is Essex*
6.00 *Celebrity Dinner Date*
9.00 *Olivia Attwood's Bad Boyfriends* Eight men take part in a relationship bootcamp.
10.00 The eight bad boyfriends go back to basics in the Brozone.
11.05 *Kavos Weekender* New guests bring an air of excitement for the reps.
12.05 AM *The Real Housewives of Miami*
1.00 to **1.30** AM *Backyard Builds*

+1 hour 319

GREAT! tv

157 170 50

- 8.00** AM *Highway to Heaven*
1.00 PM *Highway to Heaven* Eight episodes of the series, including at:
7.00 *The Banker and the Bum* 20/25. A kindly homeless man and a greedy tycoon switch places.
8.00 *The Brightest Star* 21/25. Jonathan tries to get a spoiled child star to change her ways. (S1)
9.00 *Garage Sale Mystery: The Wedding Dress* Crime drama starring Lori Loughlin, Cheryl Ladd and Steve Bacic.
10.55 *Garage Sale Mystery: The Deadly Room* Crime drama starring Lori Loughlin, Sarah Strange and Steve Bacic.
12.50 AM *The Avengers*
3.00 *Randall and Hopkirk (Deceased)* 12/26. (S1)
4.00 *Highway to Heaven*
4.50 to **5.00** AM *GREAT! Movie News Extra*

+1 hour 257

ITV4

120 118 26 117

- 6.00 AM World of Sport
6.20 The Protectors
6.50 The Professionals
7.50 Cadfael
9.30 Racing: The Opening Show
10.30 The Big Match Revisited
11.25 The Best of the 90s
11.40 Cadfael
1.20 PM **FILM Battle of Britain**
Drama starring Michael Caine.
(1969, PG, 127min) ★★★
4.00 **LIVE Formula E** Coverage of
race two of the Jeddah e-Prix.
6.35 **River Monsters** A search for
an 8ft creature in New Zealand.



10.35 Alien³

- 7.05 **River Monsters** Jeremy
explores deaths on a river
in Papua New Guinea.
7.35 **Made in Britain** Acoustic
guitars fit for the stars.
8.00 **Made in Britain** The
master baker who turns
out a regional delicacy
with a Greek twist.
9.00 **English Football League
Highlights** Action from
the latest EFL matches,
including Luton Town
v Sheffield United and
Middlesbrough v Watford.
10.35 **FILM Alien³** Sci-fi horror
thriller sequel starring
Sigourney Weaver. Ripley
crash-lands on an
all-male prison planet.
(1992, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.40 AM **River Monsters**
1.10 **Auto Mundial**
1.40 **Motorsport Mundial**
2.05 **The Protectors**
2.40 to 3.00 AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
8.00 Teleshopping
11.00 **Star Trek: The Next
Generation** 17-21/26. (S3)
4.00 PM **Star Trek: Voyager** 15/26.
Paris tries to break the Warp
10 barrier, but his ambition
brings unforeseen dangers.
5.00 16/26. Tuvok explores
Ensign Suder's psyche after
he kills a fellow crew member.
6.00 17/26. The crew must
intercept a rogue Cardassian
missile threatening a heavily
populated planet. (S2)



9.00 The Walking Dead

- 7.00 **Star Trek: Voyager** *Death
Wish*: 18/26. A member
of the Q continuum is
inadvertently brought
aboard the *Voyager*.
8.00 **Star Trek: Voyager**
Lifesigns: 19/26.
The Doctor creates a
holographic clone to tend
a Viidian female. (S2)
9.00 **The Walking Dead**
*When the Dead Come
Knockin'*: 7/16. Michonne
arrives at the prison
with bad news for Rick.
10.00 **The Walking Dead** *Made
to Suffer*: 8/16. Rick, Daryl
and Michonne infiltrate
Woodbury to rescue
Glenn and Maggie. (S3)
11.00 **The Walking Dead** 9/16.
Rick tries to rescue Daryl.
12.00 M/T 10/16. The Governor
restores order in Woodbury.
1.00 AM 11/16. Rick must
make a tough choice. (S3)
2.00 **FILM Doomsday Meteor**
Sci-fi disaster thriller.
(2023, PG, 86min) ★★★
4.00 to 6.00 AM Most Haunted

U&Alibi

109/110 809 114 343 358

- 7.10 AM **Murdoch Mysteries** (S9)
10.00 **Hudson & Rex** 9-12/16. (S6)
2.00 PM **Inspector George Gently**
4.00 **Father Brown** *The Mysteries
of the Rosary*: Sid and the
cleric attempt to find the
mythical Lannington Rosary.
5.00 *The Daughters of
Jerusalem*: The priest hopes
a broken leg will not prevent
him from solving a mystery.
6.00 *The Three Tools of
Death*: A troubled woman's
father is killed three weeks
after the death of her mother.



8.00 Shakespeare & Hathaway

- 7.00 **Father Brown** *The Prize
of Colonel Gerard*: The
priest is unconvinced
when a recently returned
PoW is accused of murder.
8.00 **Shakespeare &
Hathaway: Private
Investigators** 9/10.
Paranormal activity is
reported in a local pub.
9.00 **Shakespeare &
Hathaway: Private
Investigators** 10/10. The
duo delve into the world
of private tutoring. (S3)
10.00 **Beyond Paradise** 6/6.
A house is burgled while
the prime suspect was
locked in a police cell. (S1)
11.00 **Alaska Daily** 6/11. Two local
women go missing. (S1)
12.00 **MT Evil** 6/10. A single mother
enlists the team to look into
the ways a viral social app is
terrorising her family. (S3)
1.00 AM **The Diplomat** 5/6. (S1)
2.00 to 4.00 AM **Hudson & Rex**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.30 AM **Last of the Summer Wine**
8.00 **The Good Life**
8.40 **Alison & Larry: Billericay to
Barry** Alison and Larry join
a male Welsh choir and try
their hand at gin making.
9.40 **Only Fools and Horses**
1.00 PM **Only Fools and Horses**
Eight episodes, including at:
5.00 *The Trotter brothers
fall for the same woman.*
5.40 Rodney's plans to make
a film are spoiled by Del.
6.20 A millionaire offers Del
a share in his business empire.



9.50 Mrs Brown's Boys

- 7.00 **Only Fools and Horses**
Christmas special from
1986. Rodney dates the
daughter of the Duke of
Maylebury, and Del sees
the chance for the family
to marry into aristocracy.
8.20 Christmas special
from 1992. Always one
to jump on the latest
bandwagon, Del Boy
decides to go eco-
friendly and launch a
bottled water business.
9.50 **Mrs Brown's Boys**
Dermot gets cold feet in
the run-up to his wedding.
10.30 **Billy Connolly Does...**
Billy discusses everything
from bedroom politics to
the race to conquer space.
11.30 **The Power of Parker**
Comedy starring Conleth Hill.
12.10 AM Martin tries to get
his hands on some cash.
12.50 **The Fast Show** Double bill.
2.15 **The Real McCoy**
2.45 to 4.00 AM
The Power of Parker

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.10 AM **The Hairy Bikers' Asian
Adventure** South Korea.
8.00 **Extreme Salvage Squad**
10.00 **Repair Lot** Double bill.
12.00 **NOON Eddie Eats America**
12.30 PM **Speed with Guy Martin:**
Classic F1 Special
2.00 **Guy Martin: Proper Jobs**
3.00 **Robson's Extreme Fishing
Challenge** Double bill.
5.00 **Greece with Simon Reeve**
6.00 **Mortimer & Whitehouse:**
Gone Fishing From Wales.
6.40 The duo fish the lakes
of Essex in search of carp.



6.00 Gone Fishing

- 7.20 **Mortimer &
Whitehouse: Gone
Fishing** Paul and Bob fish
the River Tay for salmon.
8.00 **Special Ops: To Catch
a Criminal** The Serious
Fraud Office unravels a
£400million global fraud
in the steel industry.
9.00 **Not Going Out** Lee and
Lucy's friendship with
Toby and Anna is tested.
9.40 Lee decides it's
time to teach the twins
about the facts of life.
10.20 Geoffrey and
Wendy offer to pay
for Charlie to be
privately educated.
11.00 **QI XL** With Katherine Ryan.
12.00 **M'T Have I Got a Bit More
News for You** Double bill.
2.00 AM **Hate Thy Neighbour**
New edition Jamali Maddix
spends time with two US
border vigilante groups.
3.00 to 4.00 AM **Hypothetical**

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM **A New Life in the
Sun** Five editions.
2.00 PM **A Place in the Sun**
Six editions, including at:
7.00 A couple search
for a holiday home on
Spain's Costa Calida.
8.00 **Kirstie and Phil's Love It
or List It** A couple from
Wolverhampton need
help deciding whether
to sell or renovate.
9.00 **George Clarke's
Building Home** Keith
and Kate from Glasgow
are transforming a
castle-like tower into
their dream home.
10.00 **Sarah Millican:**
**Thoroughly Modern
Millican** Live Stand-up
comedy from the
Hammersmith Apollo.
11.05 **24 Hours in A&E**
12.05 AM **Gogglebox**
2.15 **First Dates**
3.20 **999: On the Front Line**
4.15 to 4.45 AM **Food**
Unwrapped's Deep
South Adventure

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

5USA

141/169 120/162 21 129

- 9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S5)
1.00 PM **NCIS** Eight episodes
of the drama, including at:
7.00 *Requiem*: 7/19.
Gibbs tries to protect
one of his dead
daughter's friends,
who is being stalked
by an Iraq war veteran.
8.00 *Designated Target*:
8/19. An admiral is
found executed by the
side of a road. (S5)
9.00 **Criminal Minds** *The
Place at the Table*: 20/23.
A woman and her
children are murdered
at their dinner table.
10.00 *Mr Scratch*:
21/23. The BAU
investigate three
disturbing cases. (S10)
11.00 **Law & Order: Special
Victims Unit** (S14)
2.50 AM **New York**
Undercover (S1)
3.35 to 4.00 AM
Car Pound Cops

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM **Dogs Behaving
(Very) Badly** Triple bill.
10.55 **Nightmare Tenants,
Slum Landlords**
4.00 PM **FILM The Intern**
Comedy starring
Robert De Niro and
Anne Hathaway. (2015,
12, 121min) ★★★
6.25 **FILM What Women
Want** Romantic comedy
with Mel Gibson, Helen
Hunt and Marisa Tomei.
(2000, 12, 127min) ★★★
9.00 **FILM Fifty Shades
of Grey** Erotic drama
starring Jamie Dornan
and Dakota Johnson.
(2015, 18, 120min) ★★
11.40 **Adults Only:**
**Threesomes Are More
Fun** Documentary.
12.40 AM **Adults Only:**
Meet the Sex Slaves
1.40 **Skin A&E** Documentary.
3.25 **Car Pound Cops**
3.50 to 4.00 AM
Entertainment News

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM **Trucking Hell**
9.15 **Outback Truckers**
10.15 **Winter Road Rescue**
12.00 **NOON Police
Interceptors**
4.00 PM **FILM Up Periscope**
Wartime adventure
starring James Garner
and Edmond O'Brien.
(1958, U, 100min) ★★
6.20 **FILM The Perfect
Storm** Fact-based
action drama starring
George Clooney and
Mark Wahlberg. (2000,
12, 129min) ★★★★★
9.00 **FILM Raw Deal** Action
thriller starring Arnold
Schwarzenegger, Robert
Davi and Kathryn Harrold.
(1986, 18, 106min) ★★
11.10 **FILM Hard to Kill**
Revenge thriller starring
Steven Seagal and
Kelly LeBrock. (1990,
18, 92min) ★★★
1.15 AM **Trucking Hell**
3.20 **Car Pound Cops**
3.50 to 4.00 AM
Entertainment News

U&W

132/133 827 125 25 156

- 6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **My Family**
5.00 **Outnumbered** Sue tries
to domesticate the boys.
5.40 Ben stays at
an adventure camp.
6.20 Ben has an
eventful parents' evening.
7.00 Ben is determined
to enter a talent show.
7.40 Another guest
stays with the family.
8.20 Ben auditions
for the school musical.
9.00 **Gavin & Stacey** First
episode of the comedy.
9.35 The couple have
their first lovers' tiff.
10.15 The families unite
for an engagement
party in Billericay.
10.55 **Emily Attack: Adulterating**
Stacey Dooley
on the Psych Ward
12.55 AM **Emma Willis:**
Delivering Babies
1.55 to 3.00 AM
Wedding Valley

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.30 AM **Classic EastEnders**
2.00 PM **Kingdom**
3.00 **Father Brown**
5.00 **The Brokenwood
Mysteries** *Spark to a
Flame*: 3/6. A woman's
search for peace and
quiet is dashed by her
disagreeable neighbour.
7.00 **The Brokenwood
Mysteries** *Three Coins
and a Fountain*: 4/6.
The fountain is spraying
reddish-brown water
due to a man impaled
on its sculpture. (S8)
9.00 **Miss Marple** *The Mirror
Crack'd from Side to
Side*: A film star throws
a garden party for the
village of St Mary Mead
- but one of the drinks
a poisoned cocktail.
11.35 **The Heart Guy** (S1)
12.35 AM **Rebus**
2.15 **The Upper Hand**
2.45 to 4.00 AM **Sister
Boniface Mysteries**

+1 hour 243 316 60

Really

- 142 128 17 145
- 6.00 AM Fantasy Homes by the Sea From Portugal.
- 7.00 Teleshopping
- 8.00 Salvage Hunters
- 10.00 The Yorkshire Auction House Triple bill.
- 1.00 PM Celebrity Antiques Road Trip Five editions.
- 6.00 Alex Polizzi: The Fixer Alex visits a bridalwear shop in Kettering.
- 7.30 Alex helps a struggling family bakery in Padstow, Cornwall.
- 9.00 The Repair Shop Items include a steel-bodied guitar and a sculpture broken in an earthquake.
- 10.00 Woodworker Will Kirk brings a remarkable table back to life.
- 11.00 The team restore a ship's wheel, a football mascot and a cricket ball.
- 12.00 MT Celebrity Help! My House Is Haunted
- 2.00 AM Teleshopping
- 4.00 to 6.00 AM Fantasy Homes by the Sea

Challenge

- 145 139 48 142
- 7.00 AM The Chase
- 9.00 Bruce's Price Is Right
- 10.00 Dale's Supermarket Sweep Double bill.
- 11.00 All Star Family Fortunes Triple bill.
- 1.00 PM Cash Trapped
- 3.00 The Chase Celebrity Special Triple bill of the quiz show, including at:
- 4.00 David Grant, Jonnie Peacock, Pixie McKenna and Andy Hamilton compete for charity.
- 5.00 With Donna Air, Amanda Lamb, Sarah Greene and Dan Snow.
- 6.00 The Chase Triple bill of the quiz show hosted by Bradley Walsh.
- 9.00 The Family Chase The Walmseys from Leyland take part in the quiz.
- 10.00 The Chase Quiz show hosted by Bradley Walsh.
- 11.00 Bullseye Ten editions.
- 4.00 AM The Chase Celebrity Special
- 5.00 to 6.00 AM The Chase

GREAT! action

- 323 426 42
- 8.00 AM Wanted: Dead or Alive Western drama.
- 8.30 FILM Bitter Victory Wartime drama. (1957, b/w, PG, 101min) ★★
- 10.45 FILM Hell River Drama. (1974, PG, 99min) ★★
- 1.00 PM Wanted: Dead or Alive Western drama.
- 1.30 FILM The Scalp Hunters Adventure. (1968, PG, 102min) ★★
- 3.45 FILM The Lone Gun Western. (1954, U) ★★
- 5.25 FILM Ambush at Tomahawk Gap Western. (1953, PG, 73min) ★★
- 7.05 FILM Robbers' Roost Western. (1955, U) ★★
- 9.00 FILM Judge Dredd Sci-fi action thriller. (1995, 15, 95min) ★★
- 11.05 FILM Eliminators Thriller. (2016, 15, 94min) ★★
- 1.15 AM FILM Polar Storm Thriller. (2009, PG) ★★
- 3.10 to 5.00 AM Wild West Chronicles

+1 hour 324

GREAT! movies

- 321 425 34
- 9.10 AM Perception
- 10.20 FILM Time of Death Thriller. (2013, PG) ★★
- 12.20 PM FILM Lost Letter Mysteries: The Road Less Travelled Drama. (2018, U, 72min) ★★
- 2.15 FILM Lost Letter Mysteries: To the Altar Drama. (2018, PG) ★★
- 4.10 FILM Hancock Action comedy with Will Smith. (2008, 12, 92min) ★★
- 6.20 FILM Real Steel Sci-fi action drama starring Hugh Jackman. (2011, 12, 121min) ★★
- 9.00 FILM Anthroid World War Two drama. (2016, 15, 120min) ★★
- 11.20 FILM Papillon Drama. (2017, 15, 133min) ★★
- 2.10 AM FILM Lies Gone Viral Crime thriller. (2018, PG, 90min) ★★
- 4.00 to 6.00 AM FILM Hidden in Plain Sight Thriller. (2019, 12, 87min) ★

+1 hour 322

GREAT! romance

- 319 424 52
- 8.10 AM FILM The Story of Us (2019, PG) ★★
- 10.10 FILM Stepping into Love Drama. (2023, PG) ★★
- 12.05 PM FILM Sincerely, Yours, Truly Drama. (2020, PG, 90min) ★★
- 2.00 FILM BFF Bride Drama. (2019, PG, 77min) ★★
- 4.00 FILM Royally Ever After Romantic comedy. (2018, PG, 95min) ★★
- 6.05 FILM Sealed with a Kiss Romantic drama. (2015, PG, 85min) ★★
- 8.00 FILM One Winter Proposal Comedy sequel. (2019, PG, 84min) ★★
- 9.55 FILM A Little Daytime Drama Comedy. (2021, PG, 90min) ★★
- 11.50 FILM Sweet Pecan Summer Romance. (2021, PG, 84min) ★★
- 1.55 AM Highway to Heaven
- 3.00 to 5.00 AM FILM Puppy Love Drama. (2012, U, 90min) ★★

+1 hour 320 63

Rewind TV

- 182 95
- 6.00 AM Huckleberry Finn and His Friends (S1)
- 8.30 Monkey 2/26. (S1)
- 9.30 I Dream of Jeannie
- 10.30 The Zoo Gang (S1)
- 1.30 PM Watching (S6&7)
- 4.00 Bubblegum & Cheese
- 5.00 Stereo Underground
- 6.00 I Dream of Jeannie (S1)
- 7.00 Mitch 10/10. Mitch goes undercover in a white supremacist group. (S1)
- 8.00 Bust Family Business: 6/6. Sheila launches a health boutique. (S1)
- 9.00 Married... with Children 8/13. Steve sits in on a poker game.
- 9.30 9/13. Peggy gets a job she hates, but she refuses to admit defeat.
- 10.00 10/13. Al tries being a bachelor. (S1)
- 10.30 Police Woman (S1)
- 11.30 The Zoo Gang (S1)
- 2.30 AM Mitch As 7.00pm.
- 3.30 That's My Dog
- 4.30 to 6.00 AM Married... with Children

DMAX

- 159 169 39 147
- 6.00 AM Deadliest Catch
- 10.00 Aussie Gold Hunters
- 1.00 PM LIVE Snooker: Welsh Open The opening semi-final from Llandudno.
- 4.30 Wheeler Dealers
- 6.00 Wheeler Dealers: Stripped Down
- 6.30 Wheeler Dealers
- 6.45 LIVE Snooker: Welsh Open The second semi-final in Llandudno.
- 10.00 Awake Surgery Helping a mother-of-eight with a shocking hip condition.
- 11.00 Body Bizarre A young girl prepares to undergo delicate microsurgery.
- 12.00 MT Following Edward from Colombia, who is just 70cm tall.
- 1.00 AM In India, baby Chahat weighs as much as a six-year-old child.
- 2.00 Teleshopping
- 5.00 to 6.00 AM Baggage Battles

+1 hour 259 369 153

Food Network

- 140/141 190 43 148
- 6.00 AM Sophie Grigson: Slice of Italy
- 11.00 James Martin's American Adventure
- 3.00 PM Ottolenghi's Mediterranean Feast
- 6.00 Gok Wan's Easy Asian
- 8.00 Adam Richman Eats Football Adam heads to Newcastle.
- 8.30 Adam Richman Eats Britain Adam tries a tattie scone in Scone.
- 9.00 Man v Food A spicy ramen made with 10 different chillies.
- 9.30 Sampling hot wings in Pittsburgh.
- 10.00 A burger featuring two frisbee-sized meat patties.
- 10.30 Flame-grilled beef in Baltimore.
- 11.00 Man v Food with Casey Webb An Italian chicken parmesan-pizza hybrid.
- 11.30 Man v Food Triple bill.
- 1.00 to 3.00 AM Cake Boss

+1 hour 240/241 154

Legend

- 148 149 41 137
- 7.00 AM The Twilight Zone
- 8.00 FILM Alien Convergence Thriller. (2017, 15, 87min) ★★
- 10.00 T.J. Hooker (S3)
- 3.00 PM FILM The Outlaw Director Howard Hughes' Western. (1943, b/w, U, 126min) ★★
- 5.00 FILM Sitting Bull Western adventure. (1954, U, 106min) ★★
- 7.05 FILM Incident at Phantom Hill Western. (1966, U, 88min) ★★
- 9.00 FILM The Way of the Gun Crime thriller starring Ryan Phillippe. (2000, 18, 119min) ★★
- 11.20 FILM Beyond the Law Thriller starring DMX. (2019, 15, 89min) ★
- 1.10 AM FILM Road Train Australian horror thriller. (2010, 15, 87min) ★★
- 3.00 to 5.00 AM FILM Forget Everything and Run Thriller with Marci Miller. (2021, 15, 101min) ★★

+1 hour 318 371 139

Legend Xtra

- 317 171 69 138
- 6.00 AM FILM End of the World Disaster movie. (2018, PG, 88min) ★★
- 8.00 FILM Wild Horses Contemporary Western. (1985, PG, 95min) ★★
- 10.00 FILM Warbirds Sci-fi wartime thriller. (2008, 15, 87min) ★★
- 12.00 NOON FILM Coast of Skeletons Action adventure sequel starring Richard Todd. (1964, U, 90min) ★★
- 2.00 PM FILM Shark Season Disaster thriller starring Michael Madsen. (2020, PG, 87min) ★★
- 4.00 Farscape (S1&2)
- 9.00 FILM Night Hunter Thriller starring Henry Cavill and Ben Kingsley. (2018, 15, 88min) ★★
- 11.00 FILM Brake Thriller starring Stephen Dorff. (2012, 15, 87min) ★★
- 1.00 to 3.00 AM FILM Night Hunter As 9.00pm.

+1 hour 318 371 139

Blaze

- 164 174 64 161
- 6.00 AM Container Wars
- 8.00 Storage Hunters
- 10.00 Hardcore Pawn
- 12.00 NOON Swamp People: Serpent Invasion
- 1.00 PM Blown Away
- 2.00 A Cut Above
- 3.00 Ancient Aliens: The Ultimate Evidence Five editions, including at:
- 7.00 An investigation into the Ark of the Covenant.
- 8.00 In Search of Aliens Experts investigate why sightings of Bigfoot are so often accompanied by reports of UFOs.
- 9.00 The Proof Is Out There How footprint casts from may be proof that an undiscovered primate lives in North America.
- 10.00 Pawn Stars
- 11.00 Storage Hunters
- 12.00 MT Storage Hunters
- 1.00 AM Container Wars
- 2.00 Court Cam
- 3.00 to 6.00 AM Hardcore Pawn

+1 hour 318 371 139

5SELECT

- 153 138 46 133
- 9.00 AM Secrets of the Royal Palaces
- 12.00 NOON Murder, She Wrote Five episodes.
- 5.00 PM World War I in Colour Documentary.
- 6.00 World War II in Colour
- 7.00 Nazi Megastructures How the Japanese navy built the world's largest battleship.
- 8.00 Japanese inland defences and tunnels on the island of Okinawa.
- 9.00 Nazi Megastructures: Russia's War The story of the Battle of Kursk.
- 10.00 Buried Secrets of WWII The awful truth behind Hitler's most advanced weapon.
- 11.00 The Battle of Britain: 3 Days That Saved the Nation The story of 30 August 1940.
- 12.00 MT London's Greatest Bridges with Rob Bell
- 3.45 to 4.00 AM Entertainment News

HGTV

- 158 191 44 149
- 7.00 AM Man v Food
- 11.00 My Lottery Dream Home Eight editions.
- 3.00 PM My Dream Derelict Home in the Sun
- 7.00 My Dream Derelict Home in the Sun An Essex couple plan to renovate two apartments in Almeria, Spain.
- 8.00 Transforming an abandoned watermill in the Dordogne in France.
- 9.00 A Birmingham couple tackle a derelict manor house in France.
- 10.00 A renovation project on a crumbling coach house in the south of France.
- 11.00 Converting a 300-year-old barn in the French countryside.
- 12.00 MT Transforming a derelict farmhouse.
- 1.00 AM 100 Day Dream Home DIY series.
- 2.00 to 4.00 AM Home Town

+1 hour 258/262 391

TLC

- 133/134 828 165
- 7.00 AM Curvy Brides Boutique Reality series.
- 8.00 Say Yes to the Dress
- 10.00 Outdaughters: Busby Quints Double bill.
- 12.00 NOON Extreme Cheapskates
- 1.00 PM My 600lb Life
- 5.00 Too Large
- 6.00 Say Yes to the Dress: Atlanta Double bill.
- 7.00 Baylen Out Loud
- 8.00 My Big Fat Fabulous Life After Juan's rejection, a witch offers to fix Whitney's love life.
- 9.00 Dr Pimple Popper
- 12.00 MT Bugs, Bites and Parasites: Tropical Diseases Uncovered
- 1.00 AM Extreme Couponing
- 2.00 Love Off the Grid
- 3.00 Sex Sent Me to the ER
- 4.00 My Big Fat Fabulous Life As 8.00pm.
- 5.00 to 6.00 AM Curvy Brides Boutique

+1 hour 233/234 365

Comedy Central

- 112/113 812 132 345 360
- 8.00 AM Impractical Jokers
- 9.00 Friends (S3)
- 12.00 NOON Friends (S4)
- 4.50 PM Michael McIntyre's Big Show With Sarah Millican and Tom Odell.
- 5.50 Friends 11-13/24. (S4)
- 7.20 FILM Mr Bean's Holiday Comedy starring Rowan Atkinson. (2007, PG, 89min) ★★
- 9.00 FILM American Made Fact-based comedy starring Tom Cruise. (2017, 15, 115min) ★★
- 11.10 Kevin Bridges: The Story Continues
- 12.10 AM Comedy Central Live With Josh Jones.
- 1.10 Teachers (S3)
- 1.40 FILM Nurse Betty Black comedy. (1999, 18, 110min) ★★
- 3.40 Beavis and Butt-Head
- 3.55 Whose Line Is It Anyway? USA
- 4.15 to 5.00 AM Guessable?

+1 hour 212/213 332

Comedy Cen. Extra

- 127/128 154
- 6.00 AM Home Improvement
- 7.00 Teleshopping
- 9.00 Michael McIntyre's Big Show With Tom Odell.
- 10.00 Becker 10-15/22. (S1)
- 1.00 PM Michael McIntyre's Big Show As 9.00am.
- 2.00 Impractical Jokers
- 4.30 Whose Line Is It Anyway? USA
- 7.30 Friends 9/24. Rachel is offered a promotion.
- 8.00 10/24. Ross embarks on a long-distance relationship.
- 8.30 11/24. Phoebe's half-brother makes an announcement. (S4)
- 9.00 Friends 12-22/24. (S4)
- 2.30 Last Man Standing
- 3.00 The Bonnaroo Experience Stand-up.
- 3.40 Modern Horror Stories
- 3.45 Jason Byrne: Audience Precipitation Stand-up.
- 4.30 Al Murray Live: Barrel of Fun Stand-up show.
- 5.15 to 6.00 AM Home Improvement

Sky Replay

- 152 156
- 7.00 AM The Real A&E
- 9.00 Four Weddings
- 11.00 Nothing to Declare
- 2.00 PM MacGyver (S3)
- 7.00 The Flash Masquerade: 13/18. Cecile is forced to confront her past to break free from a prison.
- 8.00 Rayo de Luz: 14/18. Ultraviolet returns to Central City.
- 9.00 Enemy at the Gates: 15/18. An army of Godspeeds attacks Central City, forcing Barry and Iris to put family plans on hold.
- 10.00 P.O.W.: 16/18. John Diggle arrives with a weapon to help Barry stop the Godspeed War.
- 11.00 Heart of the Matter - Part One: 17/18. Barry and Iris greet their future children. (S7)
- 12.00 MT A League of Their Own Triple bill.
- 3.00 to 6.00 AM Four Weddings

MTV

- 126/127 824 134
- 6.00 AM The Hills
- 6.20 16 and Pregnant
- 7.10 Teen Mom: The Next Chapter Double bill.
- 9.00 Dallas Cowboys Cheerleaders
- 1.00 PM Catfish: The TV Show Eight editions of the series, including at:
- 7.00 A man who doesn't have long to live seeks a real-life encounter with his online sweetheart.
- 8.00 A woman tries to find out why her lover ended their relationship.
- 9.00 Badass Brides A wedding with an Africa-meets-India theme.
- 10.00 FILM Zombieland Horror comedy starring Woody Harrelson, Jesse Eisenberg and Emma Stone. (2009, 15, 84min) ★★
- 12.00 MT Georgie Shore
- 1.00 AM True Life Crime
- 2.00 Catfish: The TV Show
- 3.35 to 4.00 AM Teen Crib

Discovery

125/126 823 177 320 325

- 6.00 AM How It's Made**
12.00 NOON Gold Divers
 Four editions, including at:
2.00 PM Kris must move quickly in the face of a life-threatening incident.
3.00 Shawn hits the jackpot.
4.00 The Last Woodsmen Jared Douglas attempts to harvest the planet's biggest trees.
5.00 Jared gambles on two valuable pieces of machinery.
6.00 Gold Rush Parker makes a purchase that shocks the entire team, and Kevin starts his first full week of sluicing.



6.00 How It's Made

Animal Planet

162/175 178

- 8.00 AM Animal Cries**
9.00 Crikey! It's the Irwins
10.00 Dogs 101 The best way to groom a prized pooch.
11.00 Alaska: Homestead Rescue
12.00 NOON Animal Cries
1.00 PM Crikey! It's the Irwins
2.00 Lair of the Killer Crocs
3.00 Monster Croc Invasion
4.00 Pit Bulls & Parolees
5.00 Alaska: Homestead Rescue The Raneys tackle a cabin on the verge of collapse.
6.00 Insane Pools: Off the Deep End Creating a jungle oasis.



7.30 How Do Animals Do That?

Nat Geographic

129/130 825 183

- 8.00 AM Food Factory**
9.00 Air Crash Investigation
11.00 Mutant Weather
12.00 NOON Mysterious Islands
1.00 PM Drain the Oceans: Deep Dive Documentary.
2.00 Car S.O.S Triple bill of the motoring series, including at:
4.00 Fuzz and Tim secretly restore a 1991 Range Rover.
5.00 WW2 Wrecks: Draining the Ocean Examining shipwrecks.
6.00 Nazi Child Soldiers Documentary exploring the history of the Hitler Youth.

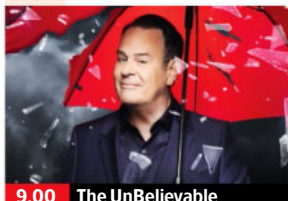


6.00 Nazi Child Soldiers

Sky History

123/124 821 131 353 368

- 6.00 AM Dirty Old Cars**
6.30 Storage Wars
9.00 The Curse of Oak Island
10.00 Pawn Stars Triple bill.
1.00 PM Shipwrecks: When History Resurfaces
 Four editions, including at:
4.00 Exploring a battleship in the Atlantic Ocean.
5.00 Mayhem! The Secret Lives of the Georgian Kings George II's battles with his family.
6.00 Secrets in the Ice Exploring great mysteries that have been frozen in time.



9.00 The UnBelievable

U&Yesterday

155 846 129 27 159

- 6.10 AM The Buildings That Fought Hitler** Five editions.
11.00 Bangers & Cash Triple bill.
2.00 PM How Britain Worked
 Guy Martin helps with the restoration of a sailing trawler.
3.00 Guy helps with the restoration of Birmingham Botanical Gardens.
4.00 Guy Martin's D-Day Landing
 A challenge to recreate a World War Two parachute jump.
6.00 The Warship: Tour of Duty
HMS Queen Elizabeth joins forces with allied warships.



8.00 Greece with Simon Reeve

7.00 Gold Divers Zeke must rethink his strategy when the Tomcod claim proves dangerously inaccessible.

8.00 Harpoon Hunters
 Captain Joe takes his sons to sea aboard the *Redrum*, only to witness nature at its rawest.

9.00 Marooned with Ed Stafford Ed must navigate razor-sharp rocks among the karst spires of Guangxi China.

10.00 Mystery at Blind Frog Ranch Duane and James visit Mexico to meet with an expert after drilling an Aztec aqueduct.

11.00 Moonshiners Mark and Digger corner a man who stole 175 gallons of their liquor.

12.00 M'T Impossible Builds The creation of some of the world's most advanced buildings.

1.00 AM Moonshiners Triple bill.
4.00 to 5.00 AM
How Do They Do It?

7.00 How Do Animals Do That? How cats can detect an earthquake.
7.30 A look into why elephants have trunks.

8.00 Guardians of Rescue
 Moose and Elle confront a man accused of animal abuse, while Rob and Dori try to rescue a dog.

9.00 Animal Cops Houston
 The officers respond to a call at a lively stable and battle to save the life of a badly neglected horse.

10.00 Alaskan Bush People
 Ami prepares to undergo treatment for lung cancer, and the family look to the future.

11.00 I Was Prey A man tries to escape a Brahma bull.
12.00 M'T A man steps on a crocodile in South Africa.

1.00 AM Alaskan Bush People
2.00 Pit Bulls & Parolees
3.00 Alaska: Homestead Rescue
4.00 to 5.00 AM Insane Pools: Off the Deep End

7.00 Air Crash Investigation
 The case of Sriwijaya Air Flight 182, which crashed into the Java Sea in 2021.

8.00 Air Crash Investigation
 A 2010 disaster in which the pilots of Qantas Flight 32 were forced to deal with a series of failures.

9.00 Air Crash Investigation
 The crash of a German plane flying over the Alps, which inexplicably began losing altitude.

10.00 No Man Left Behind
 Chris Ryan tells the story of how he raced 200 miles across the desert to evade Iraqi forces.

11.00 Plane Crash Recreated
 A failure on a 2010 flight that led to an emergency landing.
12.00 M'T Border Protection Spain
2.00 AM Money Meltdown
2.55 Food Factory USA
3.45 Lords of War Double bill.
4.35 to 5.00 AM
Prairie Dog Dynasty

7.00 Greatest Heists with Pierce Brosnan How a crew described by the FBI as 'the best ever' raided a California bank in 1972.

8.00 Greatest Heists with Pierce Brosnan The actor explores a theft in which a thieves set out to steal priceless jewels.

9.00 The UnBelievable with Dan Aykroyd Findings include a doll-filled island with a dark past, and gas-filled explosive lakes.

10.00 The UnBelievable with Dan Aykroyd The host investigates strange events, including a 25ft molasses tidal wave.

11.00 Prison Chronicles A look into the unique history of the Tower of London.
11.30 Focusing on the Soviet Gulag system.
12.00 M'T Forged in Fire
2.00 AM Pawn Stars Triple bill.
5.00 to 6.00 AM Greatest Heists with Pierce Brosnan

7.00 The Warship: Tour of Duty
HMS Queen Elizabeth launches a search and rescue mission to locate an airman.

8.00 Greece with Simon Reeve Simon takes a tour of Greece, travelling from the islands of the Aegean to Athens.

9.00 Greece with Simon Reeve Simon travels from the Peloponnese peninsula into the north of the country.

10.00 'Allo 'Allo! General Von Klinkerhoffen orders Edith to marry Captain Bertorelli.
10.40 The British airmen get stuck down a drain.

11.20 'Allo 'Allo! The Resistance attempt to get the airmen out of the drain in the town square during a gypsy fair.
12.00 M'T Bangers & Cash
 Derek heads to north Wales to collect an Austin 7 and a gem of a Bentley.
1.00 to 3.00 AM Dream Car Fixers

+1 hour 225/226 377

+1 hour 262/275 378

+1 hour 229/230 383

+1 hour 223/224 331

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM World's Greatest Motorcycle Rides**
8.00 Wheeler Dealers
2.00 PM Shed and Buried: Classic Cars
4.00 Shed and Buried
6.00 Salvage Hunters
8.00 Salvage Hunters: Georgian House Restoration Drew embarks on the house restoration's costliest stage.
9.00 Disasters at Sea
 Investigators look at how a ferry capsized in the English Channel.
10.00 Helicopter ER A lorry driver's leg is almost severed by a truck.
11.00 Opal Hunters: Red Dirt Road Trip.
12.00 M'T Mystery at Blind Frog Ranch
1.00 AM Curse of the Frozen Gold Double bill.
3.00 to 5.00 AM
How It's Made

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM Say Yes to the Dress: Bridesmaids**
7.00 Say Yes to the Dress
8.00 Curvy Brides Boutique
9.00 Say Yes to the Dress: Atlanta Double bill.
10.00 Say Yes to the Dress
12.00 NOON Forensic Detectives Triple bill.
3.00 PM Diabolical: Deadly Love Four editions.
7.00 Diabolical: Deadly Love The disappearance of an air force veteran.
8.00 The mysterious deaths of three women.
9.00 Who Killed the Co-Ed?
An ID Murder Mystery
10.00 Murder Under the Friday Night Lights
New edition How a cheer captain vanished.
11.00 Faking It: Tears of a Crime Triple bill.
2.00 AM Murder Comes to Town Documentary.
3.00 to 4.00 AM FBI Files

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM Judge Judy**
1.00 PM Judge Judy
6.05 Facing Evil
7.00 Bloodline Detectives
 A woman is found brutally murdered in New Mexico in July 1987.
8.00 Murder She Solved
 The connected case of a murdered teenager and a stabbed woman.
9.00 Snapped: Killer Couples The story of a young Charleston socialite's disappearance.
10.00 A single mother is found dead in her home.
11.00 Real Detective: North of the Border
 Detective Harj Sidhu investigates the murder of Manjit Panghali.
12.00 M'T Ryan Stef attempts to solve the murder of Irene Carter.
1.00 AM To Catch a Killer
3.00 Medical Detectives
4.00 to 6.00 AM Judge Judy

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM 48 Hours**
2.00 PM Medical Detectives
 Investigators solve a murder with the help of a squashed tomato.
2.30 Examining the murder of a rock singer.
3.00 A geology professor helps find the killer of a missing university student.
3.30 Using a pair of trainers to trace a killer.
4.00 Focusing on the case of a missing girl.
4.30 A killer leaves cigarette butts behind at a murder scene.
5.00 Donal MacIntyre: Unsolved The murder of Valerie Graves in 2013.
6.00 Judge Judy Real-life small-claims cases.
12.15 AM Judge Judy
2.00 The Day I Should Have Died Double bill.
4.00 Citizen Detective
4.45 to 6.00 AM
Medical Detectives

Sky Crime

122/123 820 121 349 364

- 6.00 AM Road Wars**
8.00 Highway Patrol
9.00 Brit Cops: Law & Disorder Documentary.
10.00 Stop, Search, Seize
11.00 Britain's Most Evil Killers
12.00 NOON Killer in My...
1.00 PM Killer Siblings
2.00 The Killer Within
3.00 Murders That Shocked the Nation Double bill.
5.00 Murdered at First Sight
6.00 Killer in My Village
7.00 Britain's Most Evil Killers
8.00 Forensics: Catching the Killer True-crime.
9.00 How I Caught the Killer
10.00 The Real Manhunter
11.00 I'll Be Gone in the Dark
12.10 AM What the Killer Did Next Sabina Nessa.
1.10 Love You to Death
2.00 Twisted Killers
3.00 An Unexpected Killer
4.00 Stop, Search, Seize
5.00 to 6.00 AM
Motorway Patrol

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM A Final Landing on Iwo Jima** Documentary.
9.30 The Seabees on Iwo Jima Documentary.
10.40 Broken Arrows: The Lost Bombs of the Cold War Nuclear accidents.
1.00 PM Beautiful Serengeti
1.35 One PM Central Standard Time
3.30 1968: The Year That Changed America
7.15 Broken Arrows: The Lost Bombs of the Cold War Examining nuclear accidents from the Cold War.
8.20 Nuclear accidents in Europe that were supposed to be secret.
9.35 A Final Landing on Iwo Jima A veteran returns to the battlefield on Iwo Jima 80 years after being wounded there.
10.50 The Seabees on Iwo Jima Documentary.
12.00 M'T to 2.00 AM One PM Central Standard Time

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM **Discovering: Julia Roberts**
7.00 **Discovering: Richard Gere**
8.00 **The Directors** Double bill.
10.00 **Seve** The life and career of golfer Severiano Ballesteros.
12.00 NOON **Rise of the Superheroes** The domination of cinema by comic book franchises.
2.15 PM **FILM Searching for Sugar Man** Music documentary. (2012, 12, 86min) ★★★★★
4.00 **Dart Kings 1-3/3.** Documentary looking at the sport during the 1970s, 1980s and 1990s.
7.00 **FILM Touching the Void** Dramatised documentary. (2003, 15, 106min) ★★★★★
9.00 **The Two Escobars** A look at how the fates of two Colombians were permanently linked.
11.00 **An Update On Our Family 3/3.** The Stauffers give an update on Huxley's absence from their lives.
12.00 **MT The Lawman** Celebrating former footballer Denis Law.
1.30 AM **Giroud** A profile of French footballer Olivier Giroud.
3.00 **Mike Tyson: Undisputed Truth**
4.40 to 6.00 AM **Stirling**

Crime+Investigation

156 837 133

- 6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
9.00 **Court Cam** Four editions.
11.00 **My Strange Arrest**
12.00 NOON **Killer in Plain Sight**
1.00 PM **Murder by Medic**
4.00 AM **An Hour to Kill** Triple bill.
7.00 **The Real Murders of Atlanta** A grisly double murder stuns the victims' families and leaves investigators baffled.
8.00 **A Perfect Scam** Exploring types of scams and how con artists manipulate their victims.
9.00 **Murder at the Motel** Detectives discover the remains of a 42-year-old woman.
10.00 **Women on Death Row** Convicts on death row reflect on their crimes.
11.00 **Killed Without a Trace**
12.00 **MT Robbie Coltrane's Critical Evidence** Double bill.
2.00 AM **Murder at the Motel**
3.00 **Murder by Medic**
4.00 to 6.00 AM **On the Case with Paula Zahn**
+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM **Snow Leopards and Friends**
10.00 **In Search of the Snow Gods**
10.30 **David Attenborough's Natural Curiosities** Bizarre hybrids.
11.00 **Beasts in the City**
12.00 NOON **Wild Fukushima**
1.00 PM **Fascinating New Zealand**
3.00 **Snow Leopards and Friends**
4.00 **In Search of the Snow Gods**
4.30 **David Attenborough's Natural Curiosities** Documentary.
5.00 **The Bill** Four episodes.
7.00 **Pointless** Double bill.
9.00 **Campion Mystery Mile - Part One: 7/8.** A judge seeks Campion's help after no less than four murders are committed in his household during a single month.
10.10 **Mystery Mile - Part Two: 8/8.** Campion solves the mystery of the judge who appears to be a marked man. (S2)
11.25 **The Bill** Four episodes.
1.25 AM **Pointless** Double bill.
3.20 **Campion 7&8/8.** (S2)
5.20 to 6.00 AM **The Bill**
+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM **Tales from Zambia**
8.00 **America's Wild Border: Northern Exposure**
9.00 **Monkeys and More: Our Closest Relatives**
10.00 **Big Cats: An Amazing Animal Family** Double bill.
12.00 NOON **Weird, Wild and Wonderful** Documentary.
1.00 PM **Planet Weird**
2.00 **New Kids in the Wild**
5.00 **Great Barrier Reef with David Attenborough** Triple bill of editions, including:
7.00 **The future of the reef.**
8.00 **Gladiators** The fighters of America's northernmost waters.
9.00 **Africa's Claws and Jaws** Snakes, spiders and scorpions.
10.00 **Carpathian Predators 1/2.** A look at the creatures of the Carpathian mountains.
11.00 **2/2.** Examining the role played by the Eurasian wolf in the Carpathian mountains.
12.00 **MT Gladiators** As 8.00pm.
1.00 AM **Africa's Claws and Jaws**
2.00 **Africa's Wild Horizons**
3.00 to 6.00 AM **Zambia Untamed**

WILD

165 841 182

- 8.00 AM **Animals Gone Wild**
9.00 **Secrets of the Zoo: Tampa**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Man Vs Octopus**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Savage Kingdom** Hyenas take over a lion pride's territory on the African Savannah.
8.00 **The Incredible Dr Pol** **New editions** Dr Sandra examines a goat that gave birth the previous night, and that may have another baby waiting to come out, while Dr Pol tends to a pig that is suffering seizures.
9.00 Charles makes arrangements for a one of a kind father-son camping trip.
10.00 **Predator Bloodlines** A pride of lions are forced to switch their choice of prey.
11.00 **Snakes in the City** A cobra sprays its venom on target.
12.00 **MT Alaska: The Next Generation** Double bill.
2.00 AM **Secrets of the Zoo**
4.00 to 5.00 AM **Yukon Vet**

ID

154 166

- 8.00 AM **Evil Stepmothers**
10.00 **Calls from the Inside**
12.00 NOON **The Perfect Murder**
2.00 PM **I Almost Got Away with It**
4.00 **A Crime to Remember**
6.00 **Evil Lives Here: Shadows of Death** A landlord approaches his home to inspect a broken window when he hears crying.
7.00 **The body of a woman lies dead on a deserted dirt road only days before her wedding.**
8.00 **Blood Relatives** A family destroyed by old demons.
9.00 **Evil Lives Here** Andrea believes that Ray is the man of her dreams, but when she reveals she's pregnant, Ray becomes a nightmare, stalking her and torturing their child.
10.00 **Hostage 911** A man faking chest pains takes five EMTs hostage at gunpoint.
11.00 **Broken Harts** True-crime.
1.00 AM **Britain's Deadliest Kids**
2.00 **Southern Fried Homicide**
4.00 to 6.00 AM **Unravelling: Countdown to a Kill**
+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM **Ancient Aliens**
9.00 **Combat Ships**
10.00 **Combat Trains**
11.00 **Combat Machines**
12.00 NOON **Ancient Aliens**
2.00 PM **What on Earth?**
3.00 **Hitler's Secret Bomb**
4.00 **Looting History**
5.00 **Life After People** Double bill.
7.00 **Instruments of Death** How to face a Napoleonic charge.
8.00 **Holy Marvels with Dennis Quaid** The legendary treasures of the Copper Scroll and King Solomon's mines.
9.00 **The Hollywood actor reveals holy places that are hidden deep underground.**
10.00 **Hitler's Secret Sex Life** Rumours, theories and disputed historical accounts of Adolf Hitler's sexual psychology.
11.00 **Ancient Aliens** Triple bill.
2.00 AM **8 Days That Made Rome**
3.00 **The UnXplained with William Shatner** UFO hotspots.
4.00 **Inside the Tower of London**
5.00 to 6.00 AM **Britain's Greatest Obsessions**

Discovery History

174 181

- 7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
10.00 **Combat Dealers: Reloaded**
11.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: Classic Cars** Triple bill of editions.
6.00 **Mummies Unwrapped** Romy investigates the truth behind King Tutankhamun's mummified remains.
7.00 **Romy examines well-preserved bodies from more than 2,000 years ago.**
8.00 **Mummy King Mystery: Rameses** Examining the pharaoh warrior dynasty.
9.00 **Storm Chasers** Parts of Mississippi and Alabama are ravaged by hundreds of twisters.
10.00 **The teams help with the recovery following a tornado.**
11.00 **Air crash Confidential**
1.00 AM **Disasters at Sea**
2.00 **Combat Dealers**
3.00 **Combat Dealers: Reloaded**
4.00 to 5.00 AM **Combat Dealers**
+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM **Vintage Voltage**
9.00 **How Do They Do It?**
11.00 **Goblin Works Garage**
12.00 NOON **Shed and Buried**
5.00 PM **Kindig Customs**
8.00 **Head 2 Head** Jonny Lieberman and Randy Pobst examine two of the highest performing vehicles on the market.
8.30 **Jonny and Randy look at two entry-level convertibles.**
9.00 **Jonny Lieberman and Jethro Bovingdon compare high-performing coupes.**
9.30 **Featuring the BMW M4 CS and the Porsche 911 GT5.**
10.00 **Jonny and Jethro explore two grand touring cars.**
10.30 **A Mercedes-AMG E63 S Sedan goes up against a Cadillac CTS-V Sedan.**
11.00 **Jonny and Jethro try and figure out the answer to a 50-year-old question.**
11.30 **Head 2 Head** Triple bill.
1.00 AM **Incredible Engineering Blunders: Fixed**
2.00 to 5.00 AM **Texas Metal**
+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

- 6.00 AM **Sky Cinema Preview**
6.30 **Fox and Hare Save the Forest** Animation. (2024, U)
7.50 **The Garfield Movie** (2023)
9.35 **PREMIERE The Line** (2023)
11.30 **I Saw the TV Glow** (2024)
1.25 PM **Furiosa: A Mad Max Saga** Fantasy adventure. (2024, 15, 148min) ★★★★★
4.00 **The Garfield Movie** Animation. (2023, U, 101min) ★★
5.45 **The Bikeriders** Drama. (2023, 15, 116min) ★★★★★



8.00 **The Line**

- 8.00 **PREMIERE The Line** Ethan Berger's drama starring Alex Wolff and Bo Mitchell. A university student attempts to live his life without a fear of consequences. (2023, 15, 100min)

- 10.00 **I Saw the TV Glow** Horror thriller starring Justice Smith. A youth becomes obsessed with a TV show, and begins to question the blurred line between reality and fiction. (2024, 15, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.50 **The Killer** Action thriller starring Nathalie Emmanuel, Sam Worthington and Omar Sy. (2024, 15, 126min) ★★★★★
2.05 AM **The Bikeriders** (2023)
4.10 to 6.00 AM **The Last Stop in Yuma County** Crime thriller starring Jim Cummings. (2023, 15, 90min) ★★★★★

Sky Cinema Drama

310 410 510 524

- 6.00 AM **Speak Like a Child** (1998)
7.30 **A Good Person** Drama. (2022, 15, 129min) ★★★★★
9.45 **The Survivor** As 3.35am.
12.00 NOON **The Great Escaper** Drama starring Michael Caine. (2023, 12, 96min) ★★★★★
1.45 PM **The Theory of Everything** Biopic of Stephen Hawking, starring Eddie Redmayne. (2014, 12, 120min) ★★★★★
3.55 **Jackie** Biopic of Jacqueline Kennedy, with Natalie Portman. (2016, 15, 100min) ★★★★★
5.45 **P.S. I Love You** Comedy drama. (2007, 12, 121min) ★★★
8.00 **Suburbicon** Black comedy starring Matt Damon and Oscar Isaac. (2017, 15, 105min) ★★★
10.00 **Dallas Buyers Club** Fact-based drama starring Matthew McConaughey and Jared Leto. (2013, 15, 114min) ★★★★★
12.05 AM **Parachute** Comedy drama. (2023, 15, 108min) ★★★★★
2.05 **Speak Like a Child** Dark drama starring Cal Macaninch. (1998, 18, 80min) ★★
3.35 **The Survivor** War-time drama. (1982, 15, 129min) ★★★★★
5.50 to 7.25 AM **The Man with the Answers** Romantic drama. (2021, 12, 80min) ★★★★★

Sky Cinema Hits

303 403 503 517

- 6.30 AM **Ruthless** As 4.00am.
8.20 **Arctadian** As 2.20am.
10.10 **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★★
12.05 **PM Men in Black II** Comedy sequel. (2002, PG) ★★★
1.50 **Men in Black 3** Sci-fi comedy sequel. (2012, PG) ★★★★★
3.40 **Dungeons & Dragons: Honour Among Thieves** Adventure. (2023, 12, 134min) ★★★★★
6.00 **Wonka** Fantasy comedy. (2023, PG, 116min) ★★★★★



6.00 **Wonka**

- 8.00 **Barbie** Fantasy comedy starring Margot Robbie and Ryan Gosling. The living doll's perfect life is turned upside down when she suffers an existential crisis. (2023, 12, 114min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00 **Madame Web** Fantasy adventure starring Dakota Johnson. A paramedic is granted the gift of foresight while trying to protect three young women from a killer. (2024, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.00 **MT Shazam! Fury of the Gods** Adventure sequel. (2023, 12, 130min) ★★
2.20 AM **Arctadian** Horror thriller. (2024, 15, 92min) ★★★★★
4.00 **Ruthless** Action thriller. (2023, 15, 92min) ★★
5.45 to 6.00 AM **The Cinema List: Black British Actors**

Sky Cinema Sci-fi/Horror

311 411 511 525

- 7.10 AM **Doom** As 10.50pm.
9.05 **Paranormal Activity: The Ghost Dimension** Horror sequel. (2015, 15, 88min) ★
10.40 **Star Trek Beyond** Adventure. (2016, 12, 122min) ★★★★★
12.50 PM **The Purge: Election Year** Action horror sequel with Frank Grillo. (2016, 15, 108min) ★★★★★
2.45 **Dark Skies** Sci-fi horror thriller. (2013, 15, 97min) ★★
4.30 **Resident Evil: Vendetta** Animated sci-fi horror thriller. (2017, 15, 97min) ★★
6.15 **The Nun** Horror starring Taissa Farmiga and Demián Bichir. (2018, 15, 96min) ★★
8.00 **Interstellar** Sci-fi drama starring Matthew McConaughey. (2014, 12, 166min) ★★★★★
10.50 **Doom** Horror thriller starring Karl Urban. A team of tough Marines get sent to Mars to deal with an experiment gone wrong. (2005, 15, 105min) ★★
12.40 AM **Haunting of the Queen Mary** Horror starring Alice Eve. (2023, 18, 125min) ★★
2.50 **Videodrome** Sci-fi thriller. (1982, 18, 88min) ★★★★★
4.25 to 6.20 AM **The Frighteners** Horror comedy starring Michael J Fox. (1996, 15, 110min) ★★

Sky Cinema Harry Potter

306 406 506 520

- 8.00** AM **Harry Potter and the Prisoner of Azkaban** Fantasy. (2004, PG, 142min) ★★★★★
- 10.25** **Harry Potter and the Goblet of Fire** (2005, 12) ★★
- 1.05** PM **Harry Potter and the Order of the Phoenix** Fantasy. (2007, 12, 132min) ★★★★★
- 3.25** **Harry Potter and the Half-Blood Prince** Fantasy. (2009, 12, 153min) ★★★★★
- 6.00** **Harry Potter and the Deathly Hallows: Part I** (2010) ★★★★★



10.45 **Fantastic Beasts and...**

- 8.30** **Harry Potter and the Deathly Hallows: Part II** Fantasy adventure starring Daniel Radcliffe, Rupert Grint and Emma Watson. Harry, Hermione and Ron race to find the last remaining fragments of Voldemort's soul in order to defeat him. (2011, 12, 130min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.45** **Fantastic Beasts and Where to Find Them** Harry Potter prequel starring Eddie Redmayne. (2016, 12, 133min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 1.00** AM **Fantastic Beasts: The Crimes of Grindelwald** Fantasy adventure sequel. (2018, 12, 134min) ★★★★★
- 3.30** to **6.05** AM **Fantastic Beasts: The Secrets of Dumbledore** Fantasy adventure sequel. (2022, 12, 142min) ★★

Sky Cinema Valentine

302 402 502 516

- 6.00** AM **Book Club: The Next Chapter** As shown at 4.00am.
- 8.00** **How to Lose a Guy in 10 Days**
- 10.00** **Forces of Nature** As 12.00m.t.
- 12.00** NOON **Anyone But You** Comedy. (2023, 15, 103min) ★★★★★
- 1.50** PM **Valentine's Day** Comedy. (2010, 12, 125min) ★★
- 4.00** **Bridget Jones: The Edge of Reason** Romantic comedy sequel. (2004, 15, 108min) ★★
- 5.50** **Bridget Jones's Baby** Comedy sequel. (2016, 15, 123min) ★★
- 8.00** **How to Lose a Guy in 10 Days** Comedy starring Kate Hudson and Matthew McConaughey. (2003, 12, 116min) ★★
- 10.00** **Scott Pilgrim vs. the World** Quirky comic-book comedy starring Michael Cera and Mary Elizabeth Winstead. A geeky young musician must defeat his cool new girlfriend's seven evil exes before he can win her heart. (2010, 12, 112min) ★★★★★

- 12.00** MT **Forces of Nature** Romantic comedy with Sandra Bullock. (1999, 12, 105min) ★★
- 2.00** AM **'About Last Night...'** Comedy drama. (1986, 18, 113min) ★
- 4.00** to **6.00** AM **Book Club: The Next Chapter** Comedy sequel. (2023, 12, 107min) ★★

Sky Cinema Action

307 407 507 521

- 6.30** AM **The Cinema List: Payback**
- 6.50** **R.I.P.D** Fantasy comedy. (2013, 12, 96min) ★★
- 8.40** **The Mask of Zorro** Adventure. (1998, PG, 137min) ★★★★★
- 11.00** **Swordfish** Action thriller. (2001, 15, 99min) ★★
- 12.40** PM **Bad Boys II** Thriller sequel. (2003, 15, 147min) ★★
- 3.10** **Aquaman** Action adventure. (2018, 12, 143min) ★★
- 5.40** **American Sniper** Biopic. (2014, 15, 127min) ★★★★★



5.40 **American Sniper**

- 8.00** **Bad Boys: Ride or Die** Action comedy sequel starring Will Smith and Martin Lawrence. Miami cops Lowrey and Burnett go on the run to clear their late captain's name. With Vanessa Hudgens. (2024, 15, 115min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.05** **Bad Boys** Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. (1995, 15, 118min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.10** AM **Shrapnel** Action thriller. (2023, 15, 89min) ★★
- 1.45** **Death Pursuit** Action thriller. (2022, 15, 91min) ★★
- 3.25** **Bad Boys II** Action comedy. (2003, 15, 147min) ★★
- 5.55** to **7.55** AM **Knights of the Zodiac** Fantasy drama. (2023, 12, 112min) ★★

Sky Cinema Greats

304 404 504 518

- 7.05** AM **Fletch** As shown at 1.15am.
- 9.00** **Fletch Lives** As 3.10am.
- 10.50** **See No Evil, Hear No Evil**
- 12.45** PM **HouseSitter** Comedy. (1992, PG, 102min) ★★
- 2.30** **Parenthood** Comedy drama. (1989, 15, 124min) ★★★★★
- 4.40** **Planes, Trains and Automobiles** Comedy starring Steve Martin and John Candy. (1987, 15, 92min) ★★★★★
- 6.20** **The Naked Gun** Spoof police thriller starring Leslie Nielsen. (1988, 15, 85min) ★★★★★
- 8.00** **The Naked Gun 2½: The Smell of Fear** Spoof police thriller sequel starring Leslie Nielsen. (1991, 15, 81min) ★★★★★
- 9.40** **The Naked Gun 3½: The Final Insult** Spoof police thriller sequel starring Leslie Nielsen. Lt Frank Drebin emerges from retirement and goes undercover to foil a terrorist attack at the Oscars. (1994, 12, 83min) ★★★★★

- 11.20** **See No Evil, Hear No Evil** Thriller. (1989, 15, 107min) ★★★★★
- 1.15** AM **Fletch** Comedy adventure. (1985, PG, 96min) ★★
- 3.10** **Fletch Lives** Comedy thriller sequel. (1989, PG, 95min) ★
- 5.00** to **6.00** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 408 508 522

- 6.55** AM **How to Be Single** Comedy. (2016, 15, 107min) ★★
- 8.50** **Ride Along** (2014, 12) ★★
- 10.35** **Ride Along 2** Crime comedy sequel. (2016, 12, 102min) ★★
- 12.25** PM **Just Like Heaven** Fantasy. (2005, PG, 95min) ★★★★★
- 2.05** **Baywatch** (2017, 15) ★★
- 4.15** **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★
- 6.15** **Hope Springs** Comedy drama. (2012, 12, 98min) ★★



6.15 **Hope Springs**

- 8.00** **Bowfinger** Comedy with Steve Martin, Eddie Murphy and Heather Graham. A low-budget Hollywood producer makes the town's top actor the unwitting star of his latest sci-fi film. (1999, 12, 97min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.50** **The Machine** Action comedy starring Bert Kreischer and Mark Hamill. The past comes back to haunt Bert Kreischer when a murderous mobster attempts to kidnap him. (2023, 15, 112min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.55** **Beau Is Afraid** Horror comedy starring Joaquin Phoenix and Nathan Lane. (2023, 15, 179min) ★★★★★
- 3.05** AM **The Back-Up Plan** Romantic comedy with Jennifer Lopez and Alex O'Loughlin. (2010, 12, 100min) ★★
- 5.05** to **7.15** AM **Baywatch** (2017)

Sky Cinema Animation

305 412 500 514

- 6.00** AM **Mia and Me: The Hero of Centopia** As shown at 1.50am.
- 7.30** **The Adventures of Tintin: The Secret of the Unicorn** (2011)
- 9.20** **Kung Fu Panda 4** Animated sequel. (2023, PG, 94min) ★★
- 10.55** **The Garfield Movie** As 7.10pm.
- 12.40** PM **Minions** Animated comedy. (2015, U, 91min) ★★★★★
- 2.25** **Madagascar** Animated comedy. (2005, U, 86min) ★★
- 4.00** **Madagascar: Escape 2 Africa** Animation. (2008, PG) ★★
- 5.35** **Trolls** Animated musical. (2016, U, 92min) ★★
- 7.10** **The Garfield Movie** Animation. (2023, U, 101min) ★★
- 8.55** **The Adventures of Tintin: The Secret of the Unicorn** Animated family adventure. (2011, PG, 106min) ★★★★★
- 10.45** **Maya the Bee** Animated adventure. (2014, U, 86min) ★★
- 12.15** AM **Scarygirl** Animated fantasy. (2023, PG, 90min) ★★

- 1.50** **Mia and Me: The Hero of Centopia** Animated adventure. (2022, U, 85min) ★★
- 3.20** to **6.15** AM **Tom and Jerry Cowboy Up!** Animated family adventure. (2021, U, 71min) ★★★★★
- 4.40** to **6.15** AM **The Inseparables** Animation. (2023, U) ★★

Sky Cinema Thriller

309 409 509 523

- 7.40** AM **Last Seen Alive** Thriller. (2022, 15, 95min) ★★
- 9.25** **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★★
- 11.25** **State of Play** Political thriller. (2009, 12, 127min) ★★★★★
- 1.40** PM **Constantine** Horror. (2005, 15, 121min) ★★
- 3.45** **Captain Phillips** Fact-based thriller starring Tom Hanks. (2013, 12, 129min) ★★★★★
- 6.00** **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★★



10.30 **Cult Killer**

- 8.00** **The Da Vinci Code** Conspiracy thriller based on Dan Brown's bestseller, starring Tom Hanks and Audrey Tautou. A Harvard professor and a French cryptographer solve a series of clues about the true nature of the Holy Grail while fleeing from the police and a murderous albino monk. (2006, 12, 149min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.30** **Cult Killer** Thriller with Antonio Banderas and Alice Eve. After a private investigator is murdered, his protégé discovers the grisly secrets of their town. (2024, 15, 105min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.20** AM **Eye in the Sky** Crime thriller starring Helen Mirren. (2015, 15, 112min) ★★★★★
- 2.10** **Contraband** Action thriller. (2012, 15, 105min) ★★
- 4.05** to **6.35** AM **Child 44** Thriller. (2015, 15, 134min) ★★

Movies 24

312 419

- 7.00** AM **Wish Upon a Wedding** Drama. (2023, PG, 85min) ★★
- 9.00** **Stepping into Love** Romantic drama. (2023, PG, 82min) ★★
- 11.00** **A Taste of Christmas** Festive drama. (2023, PG, 90min) ★★
- 1.00** PM **A Whitewater Romance** Drama. (2024, U, 84min) ★★
- 3.00** **An American in Austen** Comedy starring Eliza Bennett. (2024, PG, 84min) ★★
- 5.00** **Rip in Time** Romantic drama. (2022, PG, 84min) ★★
- 7.00** **A Pinch of Portugal** Romantic drama with Heather Hemmens and Luke Mitchell. A cook finds herself unexpectedly hosting a TV show when the celebrity chef she works for abruptly quits. (2023, PG, 84min) ★★
- 9.00** **Sense and Sensibility** Drama starring Deborah Ayorinde. After a change in circumstances, a woman is torn between two men. (2024, U, 84min) ★★

- 11.00** **North to Home** Drama. (2022, PG, 84min) ★★
- 1.00** AM **The Presence of Love** Drama. (2022, PG, 84min) ★★
- 3.00** to **5.00** AM **Junebug** Fantasy drama. (2024, PG, 84min) ★★

Movies 24+ 315 420

Film4

313 855 428 14 300

- **Films start at 11.00am**
- 11.00** AM **Dunston Checks In** Comedy with Jason Alexander. (1995, PG, 88min) ★★
- 12.45** PM **The Golden Child** Fantasy. (1986, PG, 93min) ★★
- 2.35** **Sister Act** Musical comedy. (1992, PG, 102min) ★★★★★
- 4.40** **Sister Act 2: Back in the Habit** Musical comedy sequel. (1993, PG, 107min) ★★
- 6.55** **Daddy's Home 2** Comedy sequel. (2017, 12, 100min) ★★



9.00 **Ad Astra**

- Daddy's Home 2** (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00** **Ad Astra** Sci-fi drama starring Brad Pitt, Tommy Lee Jones and Ruth Negga. An astronaut embarks on a mission to Neptune to uncover the truth about his missing father and a strange power surge. With Donald Sutherland. (2019, 12, 123min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.20** **A Quiet Place** Horror starring Emily Blunt and John Krasinski, who also directed. A family are forced to live in silence while hiding from monsters with hypersensitive hearing. (2018, 15, 90min) ★★★★★
- 1.05** to **4.00** AM **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★★

+1 hour 314 430 47 301

Talking Pictures

328 445 82 306

- 6.00** AM **The Hostage** (1956, PG) ★★
- 7.30** **A Chance to Learn**
- 7.55** **Black Saddle** 14/24. (S2)
- 8.25** **Stringray** 10/39. (S1)
- 9.00** **Batman** 4/60. (S2)
- 9.30** **Space Patrol** 36/39. (S1)
- 10.00** **The Rescue Squad** Drama. (1963, b/w, U, 54min) ★★
- 11.10** **The Adventures of Robin Hood**
- 11.40** **Undersea Kingdom** 12/12. (S1)
- 12.00** NOON **One Step Beyond** (S3)

- 12.35** PM **The Giant Claw** Sci-fi chiller. (1957, PG, 75min) ★
- 2.10** **Dick Barton: Special Agent**
- 2.25** **Fireball XL5** 13/39. (S1)
- 3.00** **Captain Scarlet and the Mysterons** 6/32. (S1)
- 3.35** **Look at Life** Documentary.
- 3.50** **Stagecoach** Western remake. (1966, PG, 114min) ★★
- 6.10** **Scotland Yard** 14/39. (S1)
- 6.45** **Look at Life** Documentary.
- 7.00** **Z Cars** 25/31. (S10)
- 8.00** **Travelling Man** 7/7. (S2)
- 9.05** **Harold Shipman: Doctor Death**

Sky Sports	Main Event
401 511 501 419 439	
6.00	AM Sky Sports News
6.30	Back Pages Tonight
7.00	Good Morning Sports Fans
10.00	Soccer Saturday Pre-Match
10.30	Fantasy Football Pre-Match
11.00	LIVE EFL Preston North End v Burnley. Coverage of the Championship match staged at Deepdale. The visitors have a good recent record against Preston having only lost one of the last eight meetings between the two sides, picking up 17 points in that period. Kick-off 12.30pm.
3.00	PM LIVE WTA Tennis Coverage of the Doha Open women's singles final at Khalifa International Tennis and Squash Complex.
5.00	LIVE SNF Crystal Palace v Everton. Coverage of the Premier League match from Selhurst Park. Kick-off 5.30pm.
8.30	LIVE PGA Tour Golf Coverage of the third day of the Genesis Invitational staged at Torrey Pines Golf Course in San Diego.
12.00	M/T Sky Sports News
4.30	to 6.30 AM LIVE NRL Brisbane Broncos v Gold Coast Titans. The pre-season challenge game. Kick-off 4.30am.

Sky Sports	Premier League
402 512 502 420 440	
6.00	AM PL Greatest Games
7.00	Premier League Years
9.00	The Big Interview
9.30	Premier League Highlights
10.00	Saturday Social
11.00	Premier League Stories
11.30	Premier League Highlights
12.00	NOON Gillette Soccer Saturday: Build-Up
3.00	PM Gillette Soccer Saturday
5.00	LIVE SNF Crystal Palace v Everton. Coverage of the Premier League match from Selhurst Park. In the reverse fixture in September, the visitors came from behind to take all three points in a 2-1 victory. Marc Guehi opened the scoring for Palace after 10 minutes before Dwight McNeil scored two goals in the space of seven second-half minutes to claim the win for the Toffees. Kick-off 5.30pm.
8.30	Game of the Day
10.30	Premier League Highlights
12.00	M/T SNF Crystal Palace v Everton.
12.30	AM Premier League Highlights
3.00	PL Greatest Games
4.00	Premier League Best Goals
5.30	to 6.00 AM Premier League 100 Club

Sky Sports	Football
403 513 503 421 441	
6.00	AM EFL Highlights
6.15	EFL The 2022/23 play-off finals.
9.15	Bundesliga Special: Wirtz & Musiala - From Talents to Titans
9.45	EFL Highlights
10.00	Saturday Social
11.00	LIVE EFL Preston North End v Burnley. Coverage of the Championship match from Deepdale. The reverse fixture in October saw the game end in a rather drab 0-0 draw at Turf Moor. Kick-off is at 12.30pm.
3.00	PM Gillette Soccer Saturday
5.00	Gillette Soccer Saturday: Reaction Post-match analysis.
5.20	LIVE Bundesliga Bayer Leverkusen v Bayern Munich. Coverage of the German top-flight match from BayArena, as the title rivals go head to head. The hosts are unbeaten in the two meetings that they've faced Bayern this season, including a 1-0 victory in the last-16 of the German Cup. Kick-off 5.30pm.
7.30	Bundesliga Special: Wirtz & Musiala - From Talents to Titans
8.00	EFL Another chance to see Preston North End v Burnley.
10.00	PM to 6.00 AM EFL Highlights

Sky Sports	Cricket
404 514 504 422 442	
6.00	AM WPL Recent T20 action.
7.00	ICC Men's T20 World Cup
9.00	History of the ICC Champions Trophy Archive highlights.
10.00	ICC Men's T20 World Cup
11.00	WPL Recent T20 action.
12.00	NOON IPL Highlights.
12.55	PM WPL Gujarat Giants v Royal Challengers Bengaluru.
1.50	LIVE WPL Mumbai Indians v Delhi Capitals. Coverage of the women's T20 match at Kotambi Stadium in Vadodara, as both teams play their first game of the new season. The visitors will be looking to bounce back after their defeat in last year's final, when they lost by eight wickets to Royal Challengers Bengaluru.
5.30	ICC Women's World Cup
6.00	History of the ICC Champions Trophy Archive highlights.
7.00	ICC Men's T20 World Cup
8.00	WPL Recent T20 action.
9.00	ICC Champions Trophy Cricket
10.00	WPL Mumbai Indians v Delhi Capitals from Kotambi Stadium.
11.00	ICC Men's T20 World Cup
1.00	AM WPL A match replay.
4.40	Ashes Greats Player profiles.
5.00	to 6.00 AM IPL

Sky Sports	Golf
405 515 505 423 443	
6.00	AM PGA Tour Golf
10.00	LIVE Ladies European Tour Coverage of day three of the second stage of the Aramco Team Series staged at Riyadh Golf Club.
2.00	PM Golf's Greatest Holes
2.30	Uncommon: Building a Boston Sports Team
3.00	LIVE PGA Tour Golf Coverage of the third day of the Genesis Invitational staged at Torrey Pines Golf Course in San Diego.
6.00	LIVE PGA Tour Golf Further coverage of the third day of the Genesis Invitational from Torrey Pines Golf Course in San Diego.
12.00	M/T Tour Golf Highlights
12.30	AM Golf's Greatest Holes
1.00	Uncommon: Building a Boston Sports Team
1.30	Playing Lessons Corey Connors.
2.00	PGA Tour Golf Genesis Open.
4.00	Ladies European Tour Golf
5.00	to 6.00 AM Golf Academy

Sky Sports	Tennis
407 517 520 425 445	
6.00	AM WTA & ATP Tennis
10.00	AM ATP Tennis Rotterdam Open.
11.00	WTA & ATP Tennis
1.00	PM WTA & ATP Tennis
3.00	LIVE WTA Tennis Coverage of the Doha Open women's singles final staged at Khalifa International Tennis and Squash Complex.
5.00	LIVE WTA & ATP Tennis Featuring the ATP Buenos Aires Open and ATP Marseille Open.
11.00	WTA Tennis Abu Dhabi Open.
12.00	M/T ATP Tennis Dallas Open.
1.00	AM LIVE Tennis Coverage of the Delray Beach Open semi-finals.
3.00	Billie Jean King: My Story
3.15	Martina Navratilova: Unstoppable An interview.
3.30	ATP Sizzle Reel 2024
3.45	WTA Sizzle Reel 2024
4.00	to 6.00 AM WTA Tennis

TNT Sports 1

410 870 527 408 430

6.00

AM **LIVE** Isuzu UTE A-League Melbourne City v Perth Glory. The Australian top-flight match at AAMI Park. Kick-off 6.00am.

8.00

Premier League Preview

8.30

LIVE Isuzu UTE A-League Adelaide United v Newcastle Jets. Coverage of the Australian top-flight match. Kick-off 8.35am.

10.45

Peter Crouch Meets

11.00

LIVE Premier League Leicester City v Arsenal. The top-flight clash at the King Power Stadium. Kick-off is at 12.30pm.

3.00

PM **LIVE** Premiership Rugby Cup Harlequins v Saracens. The Pool C match at Twickenham Stoop. Kick-off is at 3.05pm.

5.15

LIVE Allianz Premiership Women's Rugby Saracens v Exeter Chiefs. From StoneX Stadium. Kick-off is at 5.30pm.

7.45

Peter Crouch Meets

8.00

Isuzu UTE A-League

11.00

NBA All-Star Rising Challenge.

12.00

M/T NBA Tip-Off

1.00

AM **LIVE** NBA Coverage from NBA All-Star Saturday Night.

3.30

NBA on Fire The latest news.

4.00

World Rally Championship

4.30

to 6.00 AM Ultimate Pool

TNT Sports 2

411 871 528 409 431

6.00

AM Premier League Preview

6.30

Premier League: Big Interview

7.00

LIVE Isuzu UTE A-League Western United v Auckland FC.

9.00

ABB FIA Formula E World Championship Highlights

10.00

LIVE Formula E The Jeddah ePrix third free practice session.

10.45

Formula E Flashback

12.15

PM **LIVE** Formula E Jeddah ePrix second qualifying session.

1.45

Formula E Highlights

2.45

Xtra Time Post-match reaction

3.15

TNT Sports Reload

3.30

Formula E Highlights

5.00

LIVE Formula E Coverage of the Jeddah ePrix second race.

6.15

TNT Sports Reload

6.45

Sign Up - Into Football

7.00

LIVE Serie A AC Milan v Hellas Verona. The Italian top-flight game at San Siro. Kick-off 7.45pm.

9.45

TNT Sports Reload

10.00

LIVE UFC The preliminary bouts.

12.00

M/T **LIVE** UFC Jared Cannonier v Gregory Rodriguez. The middleweight bout from UFC Apex in Las Vegas.

3.30

AM UFC Fight Flashback

4.30

Champions League Magazine

5.00

to 6.00 AM ODI Cricket

TNT Sports 3

417

874

529

410

432

5.45	AM LIVE A-League Women Adelaide Utd v Canberra Utd.
7.45	TNT Sports Cricket Reload
8.00	LIVE World Rally Championship Rally Sweden.
8.45	TNT Sports Reload
9.00	LIVE World Rally Championship Rally Sweden.
11.00	Champions League Highlights
1.00	PM LIVE World Rally Championship Rally Sweden.
1.45	Under the Lights
2.00	LIVE World Rally Championship Rally Sweden.
4.00	One Day International Cricket
5.00	LIVE World Rally Championship Rally Sweden.
6.30	Champions League Highlights
8.30	Europa League & Conference League Highlights Show
9.30	Champions League Magazine
10.00	World Rally Championship
10.30	Premiership Rugby Cup
11.30	Premiership Women's Rugby
12.30	AM World Rally Championship
1.00	Serie A AC Milan v Hellas Verona
2.00	Isuzu UTE A-League
4.00	SailGP Highlights
5.00	to 6.00 AM Fishing: On the Bank

Sky Sports	Action
408 517 507 426 446	
6.00	AM Super League Highlights
6.45	LIVE NRL Indigenous Women v Maori Women. Coverage of the All-Star game at CommBank Stadium. Kick-off is at 6.50am.
8.30	Women's State of Origin
8.45	State of Origin Rugby League
9.00	LIVE NRL Indigenous Men v Maori Men. Coverage of the All-Star game. Kick-off 9.10am.
11.15	Super League Highlights
2.15	PM Super League
4.20	My Icon Casey Stoner.
4.30	Super Bowl LVI Bitesize
4.45	Super Bowl LVII Bitesize
5.00	Super Bowl LVIII Bitesize
5.15	Super Bowl LIX Highlights
6.15	NFL Highlights Recent action.
7.15	Super Bowl LV Bitesize
7.30	Super Bowl LVI Bitesize
7.45	Super Bowl LVII Bitesize
8.00	Fight Night International
9.00	Super League A chance to see Leeds Rhinos v Wakefield Trinity.
11.05	Super League A match replay.
1.10	AM My Icon Sporting influences.
1.30	Super Bowl LVI Bitesize
1.45	Super Bowl LVII Bitesize
2.00	NFL Highlights
4.00	NFL Bitesize Highlights
5.00	to 6.00 AM NFL Highlights

Sky Sports	Mix
416 873 510 429 449	
6.30	AM Super League Highlights
7.00	Fight Night International
9.00	PGA Tour Golf Highlights.
11.00	NFL Highlights Recent action.
1.00	PM Super League Highlights
1.45	World Club Challenge
2.00	Fight Night International
4.00	Best of ICC WT20
4.30	Super League Highlights
5.00	Premier League Darts
9.00	LIVE NCAA Basketball Duke Blue Devils v Stanford Cardinal. From Cameron Indoor Stadium. Tip-off is at 9.00pm.
11.00	LIVE NCAA Basketball Syracuse Orange v North Carolina Tar Heels. Coverage of the college match staged at JMA Wireless Dome. Tip-off 11.00pm.
1.00	AM Fight Night International
2.00	Fight Night Azim v Lipinets.
3.00	Super League Highlights
3.15	World Club Challenge
3.30	Super League Highlights
4.45	NFL Bitesize Highlights
5.00	to 6.00 AM NFL Highlights

TNT Sports 4

421 876 530 411 434

6.00	AM Superbike World Championship Season preview.
7.00	SailGP Highlights
8.00	Champions League Magazine
8.30	Fight Night Beterbiev v Bivol.
8.45	LIVE A-League Women Melbourne City v Sydney FC.
10.45	Sign Up - Into Football
11.30	One Day International Cricket
12.30	PM NBA on Fire The latest news.
1.00	NBA All-Star Rising Challenge.
2.00	One Day International Cricket
4.00	NBA All-Star Rising Challenge.
5.00	TNT Sports Cricket Reload
5.30	Champions League Magazine
6.00	NBA All-Star highlights.
8.30	NBA on Fire The latest news.
9.00	Ultimate Pool Recent action.
10.30	SailGP Highlights
11.30	Fishing: On the Bank
12.30	AM TNT Sports Reload
1.00	Champions League Highlights
3.00	Europa League & Conference League Highlights Show
4.00	to 6.00 AM MLB Classic

Eurosport 1

413 870

521

412

435

6.00

AM Snooker: Welsh Open

8.00

Cycling: European Track Championships From Belgium.

9.00

Cycling: Singapore Criterium

9.20

Biathlon In Lenzerheide.

10.20

LIVE Ski Jumping The women's HS94 from Ljubno in Slovenia.

12.00

NOON Snooker: Welsh Open

1.00

PM **LIVE** Snooker: Welsh Open Coverage of the afternoon session on day six at Venue Cymru, featuring the opening semi-final.

4.30

Dakar Rally Race review.

5.30

Snooker: Welsh Open

6.45

LIVE Snooker: Welsh Open Coverage of the evening session on day six from Venue Cymru, featuring the second semi-final.

10.30

Show Jumping From Dubai.

12.00

M/T Cyclo-Cross In Belgium.

1.00

AM Cycling: Tour of Murcia

2.00

Snooker: Welsh Open

4.00

Alpine Skiing From Saalbach.

5.00

to 6.00 AM Cycling: Tour of Murcia

Eurosport 2

414 **871** **522** **413** **436**

5.55	AM LIVE Ski Jumping In Japan
7.55	Charlotte Bankes Sierra Nevada
8.15	LIVE Alpine Skiing In Saalbach
10.45	LIVE Cross-Country Skiing Coverage from Falun in Sweden.
12.00	NOON LIVE Alpine Skiing Coverage from Saalbach, Austria.
1.55	PM LIVE Biathlon Coverage from Lenzerheide in Switzerland.
3.40	LIVE Cycling: Tour of Murcia The men's one-day race in Spain.
4.30	Cycling: Milan-San Remo
4.50	Sailing: Spirit of Yachting
5.20	LIVE Snowboarding From Italy
6.55	LIVE Cycling: European Track Championships Day four from Velodroom Limburg.
9.05	Cyclo-Cross From Belgium.
10.05	Cycling: Tour of Murcia
11.00	Alpine Skiing From Saalbach.
12.00	M/T Ski Jumping
1.00	AM Alpine Skiing
2.00	Cycling: Tour of Murcia
3.00	Cyclo-Cross From Sint-Niklaas.
4.00	to 6.00 AM Snooker

Sky Sports	Sky Sports+
412 518 508 427 447	
6.00	AM LIVE Super Rugby Blues v Chiefs. Coverage of the match staged at Eden Park in Auckland, New Zealand. Kick-off 6.05am.
8.00	Good Morning Sports Fans
8.30	LIVE Super Rugby Western Force v Moana Pasifika. Coverage of the match from HBF Park in Perth. Kick-off 8.35am.
10.30	Fantasy Football Pre-Match
11.00	EFL Build-Up
12.25	PM LIVE EFL Cardiff City v Bristol City. Coverage of the Championship match from Cardiff City Stadium. Kick-off 12.30pm.
3.00	LIVE PGA Tour Golf Coverage of the third day of the Genesis Invitational staged at Torrey Pines Golf Course in San Diego.
6.00	LIVE PGA Tour Golf Further coverage of the third day of the Genesis Invitational from Torrey Pines Golf Course in San Diego.
12.00	M/T to 6.00 AM Sky Sports News

Sky Sports	F1
406 516 506 424 444	
6.00	AM The Home of F1
12.00	NOON Formula 1 Highlights.
4.25	PM F1 Explained: Constructors' Championship
4.30	Formula 1 Singapore Grand Prix.
6.55	What's Next For Valtteri Bottas? The Finn looks ahead.
7.00	Formula 1 The USA Grand Prix.
9.20	Lewis Looks Back on 2014
9.30	Formula 1 Mexico Grand Prix.
11.55	Max Verstappen: 4-Time World Champion
12.00	M/T to 6.00 AM The Home of F1

Football

LIVE!



Premier League

Sky Sport Main Event & Sky Sports Premier League

A double-header featuring Liverpool v Wolves and Tottenham v Man United.

Awards

NEW



BAFTA Film Awards

BBC1, 7pm

David Tennant returns to host the awards, where papal thriller *Conclave* leads the nominations with 12 chances of a win.

Documentary

NEW



Escaping Utopia

BBC2, 9pm (box set, BBC iPlayer)

Former members of New Zealand's Gloriavale Christian Community break their silence to talk about the sect.

Documentary

NEW



Murder in the Skies: Who Downed MH17?

National Geographic, 9pm & 10pm

An investigation into the fatal crash of Malaysian Airlines flight MH17 in 2014.

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

101 BBC1	7.00 BAFTA Film Awards	9.05 Miss Austen	10.00 News	10.30 Match of the...
102 BBC2	7.00 Wild Scandinavia	8.00 This Farming Life	9.00 Escaping Utopia	10.00 Film: Elizabeth: The Golden Age
103 ITV1	6.30 Dancing on Ice	8.00 Who Wants to Be a Millionaire?...	9.00 Unforgotten	10.00 News 10.20 Inside China...
104 CHANNEL 4	6.45 Our Welsh Chapel Dream 7.45 The Great Pottery Throw Down	9.00 Celebrity Hunted	10.00 Big Boys	
105 CHANNEL 5	6.10 Greatest... 7.30 Ice Age: Apocalypse	9.00 Expedition: Search for the Nile	10.05 Film: Bridget Jones's Baby	
106 SKY SHOWCASE	6.30 Football: WSL - Live: Manchester City v Liverpool (Kick-off 6.45)	9.00 Boyzone: No Matter What	10.00 Luther: Never Too Much	

ENTERTAINMENT

115 BBC3	7.00 Top Gear	8.00 Waterloo Road	9.00 The Apprentice	10.00 Apprentice...	10.30 Film: Words...
116 BBC4	7.00 EastEnders 7.30 Remembers... EastEnders 8.15 Remembers... EastEnders	9.30 Remembers... EastEnders	10.30 Just Another...		
118 ITV2	7.10 Film: Johnny English Strikes Again	9.00 Love Island: All Stars	10.05 Olivia Attwood: Getting Filthy Rich		
136 MORE4	6.50 Four in a Bed 7.55 PopMaster TV	9.00 999: On the Front Line	10.00 24 Hours in A&E		
135 E4	7.00 The Simpsons	9.00 Film: Little Fockers			
107 SKY WITNESS	7.00 Nothing to Declare	9.00 Law & Order: Special Victims Unit	10.00 FBI: International		
108 SKY ATLANTIC	6.55 True Blood	8.00 Homicide: Life on the Street	9.00 The Wire	10.10 Succession	
110 U&GOLD	6.35 Only Fools and Horses 8.25 Dad's Army	9.00 Mrs Brown's Boys 9.35 Paul Whitehouse's...	10.15 The Fast Show		
111 U&DAVE	6.40 Highland Cops	8.00 Guy Martin: Proper Jobs	9.00 Have I Got a Bit More News for You	10.00 QI	10.40 Mock...
119 ITV3	6.00 Rosemary & Thyme	8.00 Doc Martin		10.05 Vera	
120 ITV4	6.20 Film: Casino Royale	9.00 Film: The Blues Brothers			
112 COMEDY CENTRAL	7.00 Friends	9.00 Lee Evans: Roadrunner	10.00 Film: The Brothers Grimsby		
139 SKY SCI-FI	7.00 Stargate SG-1	9.00 Grimm			
113 SKY MAX	7.00 Grimm	8.00 Freddie Fries Again	9.00 Film: One Shot		
109 U&ALIBI	7.00 Hudson & Rex	9.00 Death in Paradise	10.00 Far North		
130 SKY ARTS	5.40 The Sound of Music - Live!	8.00 Film: The Return of the Pink Panther		10.15 Chaplin: The Birth of the...	
132 U&W	7.00 Inside the Operating Theatre	9.00 Nurses on the Ward			

DOCUMENTARY

125 DISCOVERY	7.00 Alaska: Homestead Rescue	9.00 Marooned with Ed Stafford	10.00 Custom Carolina
162 ANIMAL PLANET	7.00 Crikey! It's the Irwins	8.00 Coyote Peterson: Brave the Wild	9.00 Tanked
129 NAT GEO	7.00 Mutant Weather	8.00 Mysterious Islands	9.00 Murder in the Skies: Who Downed MH17?
123 SKY HISTORY	7.00 Ultimate Mysteries	9.00 The Egyptian Book of the Dead	
155 U&YESTERDAY	7.00 Find It, Fix It, Flog It	8.00 Antiques Roadshow	10.00 Bangers & Cash
121 SKY DOCS	6.50 Hitsville: The Making of Motown	9.00 Boyzone: No Matter What	10.00 Music Box

FILMS - Sky Cinema

301 PREMIERE	5.45 A Place Called Silence	8.00 Furiosa: A Mad Max Saga	10.35 The Line
302 AWARDS SEASON	5.20 The Hobbit: The Desolation of Smaug	8.00 The Hobbit: The Battle of the Five Armies	10.30 Dungeons &...
303 HITS	6.05 Barbie	8.00 The Truman Show	10.00 The Equalizer 3
304 GREATS	6.10 Beverly Hills Cop	8.00 Beverly Hills Cop II	9.50 Beverly Hills Cop 3
305 ANIMATION	7.05 Hotel Transylvania	8.40 The Road to El Dorado	10.15 Tom and Jerry Cowboy Up!
306 HARRY POTTER	6.25 Harry Potter and the Prisoner of Azkaban	8.50 Harry Potter and the Goblet of Fire	
307 ACTION	5.55 Meg 2: The Trench	8.00 Transformers: Rise of the Beasts	10.10 Snow White and the Huntsman
308 COMEDY	6.10 Big Daddy	8.00 Superbad	10.00 The Back-Up Plan
309 THRILLER	5.30 The Da Vinci Code	8.00 Now You See Me 2	10.25 Child 44
310 DRAMA	6.00 Chicago	8.00 Alfie	10.00 Mother!
311 SCI-FI	6.15 I Am Legend	8.00 War of the Worlds	10.00 Videodrome
313 FILM4	6.35 Indiana Jones and the Kingdom of the Crystal Skull	9.00 Independence Day	

SPORT

401 MAIN EVENT	4.00 Super... 7.30 PGA Tour Golf - Live: The Genesis Invitational	9.30 SNF	10.00 Premier League Highlights
402 PREMIER LEAGUE	4.00 Super... 7.30 Football: WSL - Live: Manchester City v Liverpool (Kick-off 6.45)	9.30 The Unstoppable Rise of Women's Sport	
403 FOOTBALL	6.30 Football: WSL - Live: Manchester City v Liverpool (Kick-off 6.45)	9.30 History of the ICC Champions Trophy	10.00 WPL
404 CRICKET	7.00 ICC Men's T20 World Cup	8.00 WPL	
410 TNT SPORTS 1	6.30 Serie A 7.30 Serie A - Live: Juventus v Inter Milan (Kick-off 7.45)	9.45 UEFA Europa League & Conference League...	
411 TNT SPORTS 2	6.30 One Day International Cricket	9.30 UFC	



BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM Breakfast (S)
7.25 Match of the Day (S)(R)
9.00 Sunday with Laura Kuenssberg
10.00 Politics England (S)
10.30 Sunday Morning Live **New edition**
11.30 Homes Under the Hammer (S)(R)
12.00 NOON Bargain Hunt (S)(R)(AD)
1.00 PM BBC News (S)
1.15 Songs of Praise **New edition** (S)
1.55 **FILM** Puss in Boots Animated adventure featuring the voices of Antonio Banderas and Salma Hayek. (S)(AD) (2011, U, 80min) ★★★★★
3.15 **NEW** Gladiators: Epic Pranks Behind-the-scenes fun. (S)(AD)
3.35 Gladiators (S)(R)(AD)
4.35 BBC News (S)
4.50 Local News (S)
5.00 Countryfile **New edition** The 50th anniversary of the reintroduction of white-tailed eagles to the UK. (S)



5.00 Countryfile

- 6.00** Antiques Roadshow Fiona Bruce presents a special edition from the set of *EastEnders* celebrating the history of film, theatre, music and TV, in which iconic props are brought in to be valued. (S)(R)
- 7.00** **NEW** BAFTA Film Awards David Tennant hosts the awards ceremony from the Southbank Centre's Royal Festival Hall, with *Anora*, *A Complete Unknown*, *The Brutalist*, *Conclave* and *Emilia Pérez* in the running for Best Film and acting nominees including Ralph Fiennes, Demi Moore, Timothée Chalamet and Cynthia Erivo. Featuring musical performances from Take That and Jeff Goldblum. See feature, page 12. (S)
- 9.05** Miss Austen **New episode** 3/4. Cassandra's fever is raging, and in her delirium, she nearly lets slip that she is in possession of Jane's letters. (S1) (S)(AD)
 ■ Entire series on BBC iPlayer
- 10.00** BBC News (S)
10.25 Local News (S)
10.30 Match of the Day 2 Mark Chapman presents action from the latest Premier League matches, including Liverpool v Wolverhampton Wanderers. (S)
11.30 The Women's Football Show The weekend's top-flight action. (S)
12.10 AM Superman & Lois **New episodes** 3/10. Jonathan discovers newfound strength. (S)
12.55 4/10. The Kents struggle to adjust to their new normal. (S4) (S)
1.35 The Graham Norton Show With Pamela Anderson, Stephen Graham and Ross Kemp. (S)(R)
2.20 Weather for the Week Ahead (S)
2.25 to 6.00 AM BBC News (S)

BBC2

- 102** **102** **2** **102** **102**
- 6.30** AM Countryfile (S)(R)
7.25 Breakfast (S)
9.00 Weatherman Walking (S)(R)
9.30 Saturday Kitchen Best Bites **New edition** Series highlights. (S)
11.00 Andi Oliver's Fabulous Feasts A party in Bridlington. (S)(R)(AD)
12.00 NOON Nigel Slater's Dish of the Day Series highlights. (S)(R)
12.15 PM **LIVE** Match of the Day: Women's Super League Arsenal v Tottenham Hotspur: All the action from the north London derby at the Emirates Stadium. Kick-off is at 12.30. (S)
2.45 This Farming Life (S)(R)
3.45 A Countryside Winter (S)(R)(AD)
4.15 Flog It! From Hertfordshire. (S)(R)
5.15 Ski Sunday Highlights of the Alpine World Ski Championships from Saalbach in Austria. (S)



8.00 This Farming Life

- 6.00** Cities: Nature's New Wild 3/3. Animals displaced from their habitats by human expansion, including elephants in Sri Lanka and capuchin monkeys on the Pacific coast of Costa Rica. (S)(R)(AD)
- 7.00** Wild Scandinavia 1/3. Exploring the wildlife, landscape and culture of the northern European region, beginning with a journey from the sheltered Baltic Sea to freezing Arctic waters. (S)(R)(AD)
- 8.00** This Farming Life **New edition** 4/12. Rain wreaks havoc as Jo and Andy's lambs become casualties to the weather. Meanwhile, Ben Imrie takes on a full-time job, leaving more for his parents to do. (S)
- 9.00** **NEW SERIES** Escaping Utopia 1/3. The secrets at the heart of the New Zealand Christian community Gloriavale, investigating allegations of its oppressive lifestyle. (S)(AD)
 ■ Entire series on BBC iPlayer
- 10.00** **FILM** Elizabeth: The Golden Age Historical drama sequel starring Cate Blanchett and Clive Owen. Queen Elizabeth I braves the Spanish Armada but finds time for romance with dashing explorer Walter Raleigh. (S) (AD) (2007, 12, 110min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
- 11.50** **FILM** Surge Thriller starring Ben Whishaw and Jasmine Jobson. (S) (2020, 15, 90min) ★★
- 1.20** AM Sign Zone: Amanda & Alan's Spanish Job (S)(R)(AD)
1.50 Sign Zone: Question Time Fiona Bruce hosts the topical debate from Northwich. (S)(R)
2.50 Sign Zone: Virdee 1/6. (S1) (S)(R)
3.50 to 6.15 AM Previews (S)

ITV1

- 103** **103** **803** **103** **3** **103** **103** **103**
- 6.00** AM The Masked Singer (S)(R)(AD)
7.30 James Martin's Saturday Morning With Dave Gorman. (S)(R)
9.25 ITV News (S)
9.30 Love Your Weekend with Alan Titchmarsh **New edition** With Joanna Page and India Hicks. (S)
11.40 Fletchers' Family Farm **Series finale** 10/10. Kelvin is in the market for a bull. (S)(AD)
12.40 PM The Royal Beat **Series finale** 10/10. The latest royal news. (S)
1.40 ITV News (S)
2.00 Midsomer Murders (S)(R)
4.00 Tipping Point: Lucky Stars With Richard Madeley, Sheila Ferguson and Mark Wright. (S)(R)
5.00 The Chase Celebrity Special Cherry Healey, Dallas Campbell, Ria Hebden and Robert Peston compete for charity. (S)(R)



8.00 Who Wants to Be a Millionaire?

- 6.00** ITV News (S)
6.15 Local News (S)
6.30 Dancing on Ice **New edition** Holly Willoughby and Stephen Mulhern host as the remaining six couples are split into two teams for 1980s week and with extra points on offer, everyone is trying to avoid the skate off. With judges Jayne Torvill, Christopher Dean, Oti Mabuse and Ashley Banjo. (S)
- 8.00** Who Wants to Be a Millionaire? **Celebrity Special** **New edition** Steph McGovern and Dion Dublin attempt to answer 15 questions correctly in the hope of winning £1 million for charity. (S)
- 9.00** Unforgotten **New episode** 3/6. Gerry Cooper's descent into nationalism and his violent streak are revealed, while Jess reaches out to her sister. (S6) (S)(AD)
 ■ Continues tomorrow
- 10.00** ITV News (S)
10.20 **NEW** Inside China: The Battle for Tibet *Exposure* documentary investigating the mystery of a missing boy, the 11th Panchen Lama, who was abducted by Beijing 30 years ago and whose role now holds the key to the Dalai Lama's successor. (S)(AD)
- 11.35** Made in Britain (S)(R)(AD)
12.00 M'T Teleshopping
3.00 AM Nisha Katona's Home Kitchen Ginger biscuit lamb raan and poppy seed potatoes. (S)(SL)(R)
3.50 Unwind with ITV (S)
5.05 to 6.00 AM Fletchers' Family Farm (S)(SL)(R)(AD)

+1 hour 203 303 35 112

CHANNEL 4

- 104** **104/108** **804** **108** **4** **104** **104/106**
- 5.45** AM Cheers 12-14/22. (S1) (S)(R)
7.10 Frasier 4-7/24. (S7) (S)(R)(AD)
8.55 The Simpsons (S)(R)(AD)
10.00 Sunday Brunch **New edition** With Dave Gorman, Hugh Dennis, Karen Hauer, Big Zuu and Gorka Márquez. Plus, music from The Wombats. (S)
1.00 PM The Simpsons (S)(R)(AD)
2.00 Four in a Bed The contest begins at Tay House in Dunkeld. (S)(R)
2.30 The second visit is to the Aberlour Hotel in Moray. (S)(R)
3.00 From Cobblehouse Country Cabins in Aberdeenshire. (S)(R)
3.30 The final visit is to Trinity Boutique B&B in Peterhead. (S)(R)
4.00 The owners meet up. (S)(R)
4.30 A Place in the Sun (S)(R)
5.15 Devon and Cornwall Nigel Cooper takes his boat to Dartmouth's Royal Regatta. (S)(R)(AD)



10.00 Big Boys

- 6.15** News (S)
6.45 Our Welsh Chapel Dream 2/4. Keith and Marj submit their application to transform the chapel into a home, pottery studio and events space, while also taking the time to brush up on their Welsh. (S)(R)(AD)
- 7.45** The Great Pottery Throw Down **New edition** 7/10. Siobhán McSweeney hosts, as judges Keith Brymer Jones and Rich Miller challenge the remaining potters to create bird baths that are a tribute to Stoke-on-Trent, before guest judge Sharon Griffin sets a surprise sculpting challenge. (S)(AD)
- 9.00** Celebrities Hunted **New edition** 7/8. Eight famous faces are still on the run but one is surrounded by ground hunters in London. Having narrowly escaped capture, one celeb is eager for revenge. (S)(AD)
- 10.00** Big Boys **New episodes** 3/6. Jack prepares for a recital. (S)(AD)
10.30 4/6. Cousin Shannon plans a joint birthday and Eurovision party. (S3) (S)(AD)
 ■ Entire series on C4 online
- 11.00** **FILM** The Spy Who Dumped Me Comedy starring Mila Kunis, Kate McKinnon and Sam Heughan. (S)(AD) (2018, 15, 130min) ★★
- 1.10** AM Ramsay's Kitchen Nightmares USA (S)(SL)(R)
2.00 The Fear Clinic: Face Your Phobia (S)(SL)(R)(AD)
2.50 The Simpsons (S)(R)(AD)
4.30 Frasier 12-14/24. (S3) (S)(R)(AD)
5.45 to 6.25 AM Countdown (S)(R)

+1 hour 204/208 304 15 121

6 PM

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
8.55 SpongeBob SquarePants (S)(R)
9.10 Entertainment News (S)
9.20 A Country Life for Half the Price with Kate Humble
 Triple bill of editions. (S)(R)
12.00 NOON Scotland: A Year in the Wild Autumn arrives. (S)(R)
1.00 PM The Shetland Isles
 during the winter solstice. (S)(R)
1.55 Yorkshire Great and Small with Dan and Helen 3/6. Helen Skelton and Dan Walker explore the North York Moors. (S)(R)
2.50 4/6. Helen and Dan visit Brontë Country. (S)(R)
3.50 FILM Operation Daybreak
 World War Two action drama starring Timothy Bottoms, Martin Shaw and Nicola Pagett. (S) (1975, 15, 140min) ★★



7.30 Ice Age: Apocalypse

- 6.10 Greatest Chocolate Ads of All Time**
 A celebration of memorable chocolate commercials from the last 50 years, featuring contributions from celebrities and people who were involved in creating the adverts. (S)(R)
7.25 News (S)
7.30 Ice Age: Apocalypse Series finale 2/2. Steve Backshall and Michaela Strachan tell the David-and-Goliath story of the early humans, as the Neanderthals faced the Homo sapiens in a battle for survival. (S)

- 9.00 Expedition: Search for the Nile Series finale** 2/2. Ben Fogle and Dwayne Fields tell the story of Dr Livingstone's disappearance and how journalist Henry Stanley was dispatched to find him. (S)

- 10.05 FILM Bridget Jones's Baby**
 Romantic comedy sequel starring Renée Zellweger. After a pair of one-night stands, the now single Bridget Jones winds up pregnant. (S) (2016, 15, 160min) ★★
 SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

- 12.45 AM Million Pound Motorhomes** (S)(R)
1.20 PlayOJO Live Casino Show (S)
3.20 Britain's Great Cathedrals with Tony Robinson (S)(R)
4.05 Traffic Cops (S)(R)
5.00 Entertainment News (S)
5.05 Wildlife SOS (S)(SL)(R)
5.25 to 5.35 AM
 Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM The Very Small Creatures**
 Animated adventures. (S)(R)
6.05 My Little Pony: Friendship is Magic Double bill. (S)(R)
6.55 Where's Wally (S)(R)
7.45 Dig Detectives (S)(R)
8.00 Monkey Life (S)(R)(AD)
8.30 Sunday Morning with Trevor Phillips Topical discussion. (S)
10.00 The Office (US) (S7) (S)(R)
12.00 NOON S.W.A.T. (S6) (S)(R)(AD)
3.00 PM The Simpsons Six episodes of the animation, including at:
5.00 My Octopus and a Teacher: Bart is unable to control his feelings when he gets a new teacher, while Lisa befriends an octopus. (S)(R)
5.30 Girls Just Shauna Have Fun: Lisa joins the high-school marching band. (S)(R)



9.00 Boyzone: No Matter What

- 6.00 The Simpsons**
Habeus Tortoise: Homer forms an internet group devoted to solving a mystery. (S)(R)
6.30 LIVE Football: WSL
 Manchester City v Liverpool: Coverage of the Women's Super League match from Manchester City Joie Stadium. The hosts took all three points in the reverse fixture back in October, as they came from behind to win 2-1, thanks to two second-half goals from Khadija Shaw. Kick-off is at 6.45.

- 9.00 Boyzone: No Matter What Series finale** 3/3. Charting the band's split which came to an end when Mikey proposed a reunion. The comeback proved a hit – but then tragedy struck. (S)(AD)

- 10.00 Luther: Never Too Much**
 The life of iconic musical performer Luther Vandross, from childhood musical talent to worldwide fame. Contributors include Jamie Foxx and Mariah Carey. (S)(R)

- 12.00 M'T Brassic** 6/6. Vinnie has to find a thief who stole antiques from McCann. (S1) (S)(R)(AD)
1.00 AM The Force: North East
 Police are on high alert as rival football fans gather at the Stadium of Light. (S)(R)
2.00 Brit Cops: Law & Disorder
 Documentary. (S)(R)(AD)
3.00 Road Wars (S)(R)
4.00 to 6.00 AM Nothing to Declare

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
 Sky 964, Virgin 862, Freesat 964
10.00-10.30am Homes
 Under the Hammer (S)(R)
11.30 Escape to the Country (S)(R) **12.15-1.00pm Bargain Hunt** (S) (R) **11.30 Sportscene:**
 Premiership Highlights (S) (R) **12.30am The Women's Football Show** (S) **1.10 Superman & Lois** **New episodes** (S)(AD) **2.35 Weather for the Week Ahead** (S) **2.40-6.00am BBC News** (S)
N. IRELAND
 Sky 966, Virgin 863, Freesat 966
10.00-10.30am The Travelling Auctioneers **New edition** (S)
WALES
 Sky 965, Virgin 864, Freesat 965
1.15-4.35pm LIVE
 Snooker: The Welsh Open: Coverage of the opening session of the final. (S)

BBC2

N. IRELAND
 Sky 969, Freesat 969
6.00-7.00pm Out of the Silence (S)(R) **10.00 Secrets in the Peat** (S)(R)
11.00 FILM Elizabeth: The Golden Age (S)(AD) (2007, 12, 110min) ★★ **12.50-1.20am BBC News** (S)
WALES
 Sky 968, Freesat 968
2.45pm Songs of Praise **New edition** (S) **3.20 This Farming Life** (S)(R) **4.20 Gladiators: Epic Pranks** (S) (R) **4.35 Scrum V Top 5s** (S)(R) **5.05-5.15 The Best Dishes Ever** (S)(R) **6.00 Celebrity Antiques Road Trip** **New edition** (S) **7.00 LIVE Snooker:** The Welsh Open (S) **10.00 NEW SERIES** Escaping Utopia (S)(AD) **11.05-11.50pm Talking Snooker** (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.50 Penblwyddi Cyw** **9.00 Yn y Ffram** **10.00 Antur y Gorllewin** **11.00 Adre** **11.30 Yn y Fan ar Lle** (AD) **12.00noon Bois y Pizza:** Chwêr Gwlad (AD) **12.30pm Sgorio** **2.50 Efaciwis** (AD) **3.50 Ffermio** **4.25 Clwb Rygbi** **6.10 Pobol y Cwm** Omnibus (AD) **7.15 Dechrau Canu** Dechrau Canmol **New edition** **7.45 Newyddion a Chwaraeon** **8.00 Y Llais** **New edition** **9.30 Ty Frit** **10.30 Y Ci Perffith** **11.00-11.50pm Stryd i'r Sgrym**

TV&Satellite
 week
Best for Sky and Virgin

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM Top Gear** Jeremy, James and Richard compete in a classic car rally in Mallorca.
8.00 Waterloo Road 1/8. Donte faces his first hurdle as a trainee teacher. (S15)
9.00 The Apprentice 3/12. The candidates are sent to Shakespeare's birthplace, Stratford-upon-Avon, to secure nine items. After a comedy of errors, tragedy strikes for one candidate.
10.00 The Apprentice: You're Fired 3/11. Tom Allen meets the latest fired candidate.
10.30 FILM Words on Bathroom Walls Romantic drama with Charlie Plummer. Diagnosed with a mental illness in his senior year of school, a teen struggles to keep it a secret while falling in love. (2020, 12, 110min) ★★
12.15 AM In My Skin 4/5. (S2)
1.15 Hire Me: Competing for a Dream Job
1.45 Top Gear As 7.00pm.
2.45 Boarders 3/6. (S2)
3.35 to 4.00 AM In Conversation: Billie Eilish

MORE4

136/137 831 147 18 124

- 8.55 AM A Place in the Sun**
2.35 PM Come Dine with Me
 Five editions from Swansea.
5.10 Four in a Bed The contest begins at Bove Town House in Glastonbury, Somerset.
5.45 The second visit of the week is to Treberthan B&B in Par, Cornwall.
6.15 The contest continues at SugarBeat Eating House in Swainsthorpe, Norfolk.
6.50 The final visit of the week is to the pet-friendly Fritton Arms in Norfolk.
7.20 Four in a Bed The B&B owners meet one final time.
7.55 PopMaster TV Ken Bruce hosts the fifth heat of Britain's toughest music quiz.
9.00 999: On the Front Line
 A postal worker slips on sewage and may have broken his hip, and paramedics are sent to a possible cardiac arrest and find their patient in a bin.
10.00 24 Hours in A&E
 A patient is rushed in with a life-threatening abdominal aortic aneurysm, and a man arrives in A&E after partially amputating his thumb.
11.05 Emergency Helicopter Medics Documentary.
12.10 AM 999: On the Front Line
1.15 24 Hours in A&E
2.20 Emergency Helicopter Medics Documentary.
3.25 to 3.50 AM Food
 Unwrapped Investigates

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM EastEnders** Den threatens to leave Angie.
7.30 NEW Ross Kemp Remembers... Sharongate
7.45 EastEnders Sharon and Phil's affair becomes public.
8.15 NEW Pam St Clement Remembers... Pat and Frank's Affair
8.30 EastEnders Frank and Pat's affair is exposed.
9.30 NEW Angela Wynter and Rudolph Walker Remember...
 Yolande and Patrick
10.00 EastEnders The truth about Pastor Clayton comes out.
10.30 Just Another Day: EastEnders John Pitman visits the set in 1986.
11.10 EastEnders: Family Album
 A look back at the first 15 turbulent years in Walford.
12.05 AM EastEnders: The Whole Truth Gaby Roslin looks at the suspects in the 2001 Phil Mitchell shooting.
12.30 Wogan Members of the EastEnders cast celebrate their third anniversary.
1.10 to 3.40 AM EastEnders

E4

135/136 830 106 13 122

- 6.00 AM Hollyoaks Omnibus**
7.10 The Goldbergs
7.40 Don't Tell the Bride
8.45 Ramsay's Kitchen Nightmares USA
11.40 The Big Bang Theory
1.40 PM FILM Hotel Transylvania 2 Animated comedy sequel featuring the voice of Adam Sandler. (2015, U, 89min) ★★
3.30 FILM Home Alone 3
 Comedy sequel starring Alex D. Linz and Haviland Morris. (1997, PG, 102min) ★
5.30 The Simpsons Seven episodes, including at:
8.00 The Dad-Feelings Limited: Comic Book Guy's origin story is revealed.
8.30 Diary Queen: Bart finds his old teacher's diary.
9.00 FILM Little Fockers
 Comedy sequel with Robert De Niro and Ben Stiller. A hapless male nurse must prove to his father-in-law that he is worthy of taking his place as the family patriarch. (2010, 12, 94min) ★★
10.55 Gogglebox Shows under review include EastEnders, Ratched and The Third Day.
12.00 M'T Naked Attraction
1.00 AM Open House: The Great Sex Experiment
2.00 Gogglebox
3.00 The Simpsons
3.25 Modern Family
4.20 to 6.00 AM
 Hollyoaks Omnibus

+1 hour 235/236 306 30 123

Sunday

primetime

primetime

7 PM

8 PM

9 PM

10 PM

Sky Witness

107 807 110 341 356

- 6.00 AM **Border Security: Canada's Front Line**
 7.00 **Border Security USA**
 8.00 **Border Security: America's Front Line** Double bill.
 9.00 **Stop, Search, Seize**
 10.00 **Customs UK**
 11.00 **Paramedics Australia**
 12.00 **NOON The Real A&E**
 1.00 PM **Air Ambulance ER**
 The team come to the aid of a motorcyclist who has crashed into a minibus.
 2.00 **Nothing to Declare** Ten editions of the documentary.



10.00 **FBI: International**

Sky Atlantic

108/109 808 342 357

- 6.00 AM **Fish Town** Double bill.
 8.00 **Urban Secrets**
 9.05 **Big Love** 6-10/12. (S2)
 2.30 PM **True Blood** 1/12. The first episode of the vampire drama starring Anna Paquin.
 3.40 2/12. Sookie invites Bill to her house to meet Jason.
 4.45 3/12. Sam looks for a remedy to his loneliness, and Tara seeks respite from her mother's alcohol-fuelled rage.
 5.50 4/12. Sookie visits a vampire bar with Bill to prove her brother's innocence. (S1)

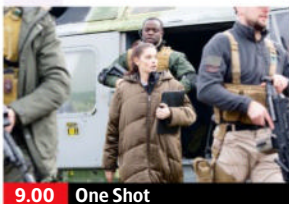


10.10 **Succession**

Sky Max

113/114 813 111 346 351

- 6.00 AM **Manifest** 7-11/13. (S3)
 11.00 **S.W.A.T.** Five episodes of the crime drama, including at:
 2.00 PM 12/22. The team race to stop a gunman targeting rehab centres
 3.00 14/22. The unit team up with Major Crimes for a high-stakes mission. (S6)
 4.00 **Grimm** 21/22. Hank and Nick go in search of Bigfoot.
 5.00 22/22. Nick discovers a clue to his parents' murder. (S1)
 6.00 1/22. Nick attempts to find a cure for Juliette. (S2)



9.00 **One Shot**

ITV2

118 816 115 6 113

- 6.00 AM **CITV**
 9.00 **Totally Bonkers**
Guinness World Records
 9.30 **Secret Crush** Double bill.
 11.30 **Dinner Date** Double bill.
 1.35 PM **Deal or No Deal: Celebrity Special**
 2.40 **Celebrity Catchphrase**
 3.45 **The Masked Singer** The final.
 5.25 **FILM Ice Age: Continental Drift** Animated comedy adventure sequel featuring the voices of Ray Romano, John Leguizamo and Denis Leary. (2012, U, 84min) ★★



7.10 **Johnny English Strikes...**

ITV3

119 117 10 115

- 6.00 AM **Never the Twain**
 6.35 **Inspector Morse** Double bill.
 11.00 **FILM That Riviera Touch**
 Morecambe and Wise comedy. (1966, PG, 98min) ★★
 1.00 PM **Doc Martin** 6/9. (S2)
 2.00 **Agatha Christie's Poirot**
 3.05 **Endeavour** *Nocturne*.
 5.00 **Agatha Christie's Poirot**
The Third Floor Flat: A murder takes place in the detective's apartment block.
 6.00 **Rosemary & Thyme** *The Memory of Water*: The duo look into a strange disappearance.



6.00 **Rosemary & Thyme**

7.00 **Nothing to Declare**
 Double bill of the documentary following the work of customs officers in Australia.

8.00 **Nothing to Declare**
 Double bill of the series accessing the world of national security at Australia's biggest airports.

9.00 **Law & Order: Special Victims Unit** *Soldier Up*: 11/22. Benson tries to help the gang member who attacked her. (S24)

10.00 **FBI: International** *Money is Meaningless*: 3/22. The team jet off to Mallorca after an American is found brutally murdered. (S2)

11.00 **The Rookie** 6/14. Officer Nolan's decision to return to school proves to be much harder than he expected. (S3)

12.00 **MT The Cleaning Lady** (S1)
 1.00 AM **Elsbeth** 6/10. (S1)
 2.00 to 6.00 AM **Nothing to Declare**

+1 hour 207 310

6.55 **True Blood** *Sparks Fly Out*: 5/12. Sookie decides to stop seeing Bill and accepts Sam's invitation to go on a date. (S1)

8.00 **Homicide: Life on the Street** *Gone for Goode*: 1/9. Lewis and Crosetti expose a woman who has been killing men. (S1)

9.00 **The Wire** *Mission Accomplished*: 12/12. Avon prepares his troops to take on Marlo and the media descends on Amsterdam. (S3)

10.10 **Succession** *The Summer Palace*: 1/10. Kendall tries to make amends, and Logan gets advice. (S2)

11.25 **Succession** 2/10. (S2)
 12.35 **AM The White Lotus** 7/7. Ethan confronts Cam. (S2)

2.00 **NEW SERIES** 1/8. The comedy drama returns. (S3)
 3.10 **Gomorra** 9/10. (S5)
 4.05 **Urban Secrets**
 5.00 to 6.00 AM **The Guest Wing**

+1 hour 208/209

7.00 **Grimm** *The Kiss*: 2/22. Part two of two. Nick and his mother battle against the monstrous *Mauvais Dentes*. (S2)

8.00 **Freddie Fries Again** 4/6. Andrew Flintoff and Rob Penn head to the south-west of England, where they join a ghost hunt.

9.00 **FILM One Shot** Action thriller starring Scott Adkins. A squad of Navy SEALs are trapped when insurgents attack on a mission to transport a prisoner off a CIA black site island prison. (2021, 15, 96min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **A League of Their Own** With Anthony Gordon and Big Zuu.
 12.00 **MT Brassic** 6/6. Vinnie has to find a thief who stole antiques from McCann. (S1)

1.00 **AM The Walking Dead: The Ones Who Live** 6/6. (S1)
 2.05 **Brit Cops: Law & Disorder**
 3.00 **Road Wars** Vehicle crime.
 4.00 to 6.00 AM **Sun, Sea and A&E**

7.10 **FILM Johnny English Strikes Again** Spy comedy sequel starring Rowan Atkinson. A sinister cyber attack sees the hapless secret agent sent on an adventure in the south of France. (2018, PG, 89min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Love Island: All Stars**
New edition It's the eve of the final and tension between the contestants is hitting new heights.

10.05 **Olivia Attwood: Getting Filthy Rich** **New edition**
 3/6. Olivia meets people that have monetised their XL body types.

11.05 **Family Guy** 4/30. Meg receives a makeover. (S4)
 11.35 5/7. Peter tries to get on the good side of Mr Weed. (S1)

12.05 **AM American Dad!** (S1)
 1.05 **G'wed** 2/5. (S2)
 1.45 **The Emily Attack Show**
 2.30 to 3.00 AM **Unwind with ITV**

+1 hour 218 315 29 114

Rosemary & Thyme
 (started at 6.00pm)

8.00 **Doc Martin** *Out of the Woods*: 7/9. Mark's stag night ends badly when he has an allergic reaction to a snake bite.

9.00 **Doc Martin** *Erotomania*: 8/9. Aunt Joan advises Martin to intervene after Danny asks Louisa to move to London. (S2)

10.05 **Vera On Harbour Street**: Investigating the death of a pensioner found stabbed on a busy train, Vera follows the trail to a quiet coastal town where clues appear to lead to one particular street.

12.00 **MT Lewis** *Beyond Good & Evil - Part One*: A convicted killer appeals against his sentence.
 2.00 to 2.30 AM **Never the Twain**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
 REST OF UK 180 162 110

- 12.00 **NOON This Is BBC Scotland**
 7.00 PM **Reporting Scotland**
 7.15 **Sportscene: Premiership Highlights**
 The latest top-flight action, including Hearts v Rangers at Tynecastle.
 8.15 **Icons of Football**
 The life and career of Paul Sturrock.
 8.45 **Rewind 1990s** A look back at the music, TV and news of 1992.
 9.00 **Paramedics on Scene**
 The air ambulance races to a serious road accident near Inveraray.
 10.00 **Still Game** 1/6. Boobby has ambitious new ideas for the pub. (S8)
 10.30 **The Entertainment Mix**
 11.00 **Best of Chewin'** the *Fat* 1/10. Highlights of the sketch show. (S1)
 11.30 PM to 12.00 AM **MT The Trials That Shocked Scotland** Focusing on the Lockerbie bombing.

Sky Comedy

114/115 814 112 347 362

- 8.00 AM **The Conners** (S3)
 10.00 PM **Hung** 1-6/10. (S1)
 1.50 **Entourage** (S8)
 4.45 **Los Espookys** (S1)
 6.15 **The Office (US)** 22/26. Michael prepares to leave Dunder Mifflin.
 7.00 23/26. Deangelo's chaotic management style causes problems.
 7.30 24/26. Dwight is promoted to manager.
 8.00 25/26. Jim leads a search committee.
 8.30 26/26. The search committee continues its tireless search for the next boss. (S7)
 9.00 **Ladies & Gentlemen: 50 Years of SNL Music**
 The musical history of *Saturday Night Live*.
 11.30 **Pete Holmes: Dirty Clean** Stand-up comedy.
 12.40 **AM And Just Like That...** 11/11. (S2)
 1.30 **Sex and the City** (S3)
 2.50 **Flight of the Conchords**
 4.00 to 5.00 AM **In the Long Run**

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM **La Traviata**
 8.10 **Tales of the Unexpected**
 11.10 **Alfred Hitchcock Hour**
 1.10 PM **Landscape Artist of the Year** Four editions.
 5.10 **Discovering: The Mamas & the Papas**
 5.40 **The Sound of Music: Live!** Rodgers and Hammerstein's musical with Carrie Underwood.
 8.00 **FILM The Return of the Pink Panther** Slapstick comedy sequel starring Peter Sellers. (1974, PG, 113min) ★★
 10.15 **Chaplin: The Birth of the Tramp** Charlie Chaplin's rise to stardom.
 11.30 **FILM The Great Dictator** Charlie Chaplin's anti-fascist satire. (1940, b/w, PG, 129min) ★★★★★
 1.50 **AM Berlin Live: Petula Clark**
 3.10 **Classic Albums**
 4.30 **Pat Benatar: Music Icons** Documentary.
 5.00 to 6.00 AM **Discovering**

Sky Mix

151 135 11 141

- 6.00 AM **Border Patrol**
 8.00 **Madagascar: A Little Wild** Animation.
 8.25 **Alvin!!! and the Chipmunks** Double bill.
 8.50 **Pooch Moch**
 9.00 **Monkey Life**
 11.30 **Highway Cops**
 12.00 **NOON Stop, Search, Seize** Documentary.
 1.00 PM **Road Wars**
 5.00 **Nothing to Declare**
 6.00 **Road Wars** Double bill.
 8.00 **Nothing to Declare**
 9.00 **Britain's Most Evil Killers** The story of murderer Ali Qazimaj.
 10.00 **The double-jeopardy conviction of murderer Billy Dunlop.**
 11.00 **Snapped** A missing person case that led to a horrifying discovery.
 12.00 **MT Caught on Dashcam**
 1.00 AM **Brit Cops: Rapid Response** Documentary.
 2.00 **Motorway Patrol**
 4.00 to 6.00 AM **Border Patrol**

ITV Be

131/132 119 28 119

- 7.30 AM **Unwind**
 7.45 **Be Beautiful**
 7.55 **Backyard Builds**
New edition Brian and Sarah build a stylish lounge space.
 8.25 **The Real Housewives of Jersey** Reality series.
 9.25 **Giovanna Fletcher: Made in Italy**
 10.30 **Scott's Vacation House Rules** Double bill.
 12.25 PM **Real Housewives of New Jersey**
 4.55 **Abbey Clancy: Celebrity Homes**
 6.00 **Gino's Italy: Secrets of the South** Double bill.
 7.00 **Celebrity Dinner Date**
 8.00 **Fletchers' Family Farm** Kelvin wants to expand the herd with a bull and start work on an old tractor.
 9.00 **Botched** Triple bill.
 11.55 **Dr. 90210**
 12.50 AM **Backyard Builds**
 1.20 to 1.30 AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM **Highway to Heaven**
 11.00 **Murder, She Wrote**
 1.00 PM **Murder, She Wrote**
 Eight episodes of the drama, including at:
 6.00 **Love's Deadly Desire**: A writer's assistant is murdered.
 7.00 **A Death in Hong Kong**: A businessman is poisoned in Hong Kong.
 8.00 **For Whom the Bell Tolls**: Jessica fights to save one of New York's historic houses.
 9.00 **Garage Sale Mystery: Guilty Until Proved**
 Innocent Crime drama starring Lori Loughlin.
 10.55 **Garage Sale Mystery: All That Glitters** Crime drama with Lori Loughlin.
 12.50 AM **The Avengers** (S5)
 3.00 **Randall and Hopkirk (Deceased)** 13/26. (S1)
 4.00 **Highway to Heaven**
 4.50 to 5.00 AM **GREAT! Movie News Extra**

+1 hour 257

ITV4

120 118 26 117

- 6.00 AM **Motorsport Mundial**
 6.30 **Auto Mundial**
 7.00 **The Best of Saint & Greavsie**
 8.00 **The Motorbike Show**
 9.00 **English Football League Highlights** Recent action.
 10.30 **World of Sport**
 10.40 **The Car Years**
 11.10 **Cadfael**
 12.50 PM **Monster Carp**
 1.50 **The Motorbike Show**
 2.50 **The Big Match Revisited**
 3.45 **FILM The Cowboys** Western. (1971, 12, 128min) ★★★



9.00 **The Blues Brothers**

- 6.20 **FILM Casino Royale**
 James Bond spoof starring David Niven, Peter Sellers and Woody Allen. Bond passes on his licence to kill to his inept nephew. With Ursula Andress. (1967, PG, 130min) ★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00 **FILM The Blues Brothers**
 Cult comedy starring John Belushi and Dan Aykroyd as delinquent brothers who get their old R&B band back together to save the orphanage that was their childhood home. (1980, 15, 135min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.40 **Giant Lobster Hunters**
 12.35 AM **River Monsters**
 Jeremy Wade investigates a mystery sea monster in a remote lake in Malaysia.
 1.40 **The Casebook of Sherlock Holmes** Murder mystery.
 2.40 to 3.00 AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM **Most Haunted**
 8.00 **Teleshopping**
 11.00 **Star Trek: Deep Space Nine**
 4.00 PM **Stargate SG-1** 19/20. Part one of two. The crew travel back in time in an audacious bid to get their hands on a piece of ancient technology.
 5.00 20/20. Part two of two. The SG-1 team attempt to undo the time shift created by the history-changing actions of the original crew. (S8)
 6.00 1/20. A new arrival plans to reunite the team. (S9)



9.00 **Grimm**

- 7.00 **Stargate SG-1 Avalon - Part Two:** 2/20. Daniel Jackson and Vala find themselves transported to a distant galaxy.

- 8.00 **Stargate SG-1 Origin:** 3/20. A group of unforgiving gods threaten to destroy Earth. (S9)

- 9.00 **Grimm Quill:** 4/22. Nick investigates an accident, only to find a disease is spreading among the Wesen.

- 10.00 **Grimm The Good Shepherd:** 5/22. Monroe investigates a robbery at a church and notes some suspicious activity. (S2)

- 11.00 **Grimm** 6/22. A contract is put out for Monroe's life.
 12.00 M/T 7/22. Nick and Hank meet an unstable fugitive.
 1.00 AM 8/22. A student is killed by a monster. (S2)

- 2.00 **FILM The Tomorrow Job**
 Sci-fi action adventure. (2023, 15, 105min) ★★

- 4.00 to 6.00 AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

- 7.10 AM **Murdoch Mysteries** (S9)
 10.00 **Inspector George Gently**
 12.00 **NOON Father Brown**
 4.00 PM **Shakespeare & Hathaway: Private Investigators**
 9/10. Frank and Lu are hired to locate a photograph stolen from a local pub.
 5.00 10/10. Frank and Lu delve into the world of private tutoring. (S3)
 6.00 **Beyond Paradise** 6/6. A house is burgled while the prime suspect is locked up in a police cell. (S1)



8.00 **Hudson & Rex**

- 7.00 **Hudson & Rex Lost in the Barrens:** 1/20. When a woman goes missing in The Barrens, suspicion falls on her boyfriend.

- 8.00 **Hudson & Rex Punch Drunk Glove:** 2/20. Charlie's brother is accused of the death of his boxing opponent. (S5)

- 9.00 **Death in Paradise Dark Memories:** 7/8. Someone from JP's past is caught red-handed at a murder scene. (S7)

- 10.00 **Far North** 6/6. Ed and Heather confront the cops, while Captain Jin and her crew face a devastating loss. (S1)

- 11.00 **Annika** 4/6. (S2)
 12.00 M/T **My Life Is Murder** (S1)
 1.00 AM **Miss Scarlet and the Duke** 4/6. Things are going well for Eliza until a familiar face shows up. (S4)

- 2.00 to 4.00 AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.10 AM **Only Fools and Horses**
 2.00 PM **Only Fools and Horses**
 Christmas special from 1992. Del Boy launches his own bottled water business.
 3.25 Christmas special of the sitcom from 1988. Del Boy decides to try a dating agency.
 5.15 Christmas special from 1987. Del Boy sets out to find his dear departed mother's treasure trove.
 6.35 Christmas special from 1993. A nagging toothache forces Del to visit the dentist.



9.35 **Sketch Show Years**

- Only Fools and Horses** (started at 6.35pm)

- 8.25 **Dad's Army** The platoon repaint Lady Maltby's Rolls-Royce in time for an official engagement.

- 9.00 **Mrs Brown's Boys**
 Dermot gets cold feet in the run-up to his wedding.

- 9.35 **Paul Whitehouse's Sketch Show Years**
 Paul looks at the sketch show's roots in music hall and post-war radio.

- 10.15 **The Fast Show** Double bill of the sketch show.

- 11.35 **The Power of Parker**
 Martin finds himself with no choice but to fight back.

- 12.15 AM **Martin** gets into even deeper water with the Slaters.
 12.55 **Inside No 9** Double bill.
 2.20 to 4.00 AM **Hancock:** Very Nearly an Armful

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.20 AM **Hairy Bikers Everyday**
 Gourmets Weekend treats.
 8.10 **Speed with Guy Martin: Classic F1 Special**
 9.40 **Guy Martin: Proper Jobs**
 10.40 **Top Gear** Double bill.
 12.40 PM **American Pickers**
 2.40 **Gino's Italian Coastal Escape**
 3.10 **Gino's Italian Escape**
 4.40 **Motorhoming with Merton & Webster** From Cornwall.
 5.40 **The Americas with Simon Reeve** A trip to Colorado.
 6.40 **Highland Cops** A bushcraft expert is reported missing.



8.00 **Guy Martin: Proper Jobs**

- Highland Cops** (started at 6.40pm)

- 8.00 **Guy Martin: Proper Jobs Series finale** Guy becomes part of a dog mountain rescue team. Entire series on U

- 9.00 **Have I Got a Bit More News for You** Jason Manford hosts the satirical quiz, with Glenn Moore and Jess Phillips.

- 10.00 **QI** With guest panellists Bill Bailey, Rich Hall and Rob Brydon.

- 10.40 **Mock the Week** With Ed Byrne and Sophie Duker.

- 11.20 **Mock the Week** With Maisie Adam, Ed Byrne, Ed Gamble, Sukh Ojla and Mark Simmons.

- 12.00 M/T **Red Dwarf** Triple bill.

- 2.00 AM **Hate Thy Neighbour**
 New edition Jamali Maddix investigates feminism.

- 2.55 to 4.00 AM **Hypothetical**

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM **Four in a Bed**
 2.00 PM **Location, Location, Location** In Edinburgh.
 3.00 **A Place in the Sun** Five editions, including at:
 7.00 Sara Damergi helps a couple find their dream holiday home in Fuerteventura.
 8.00 **The Dog House**
 Barley the labradoodle hopes that his latest liaison might prove to be third time lucky.
 9.00 **Gogglebox** The armchair critics share their opinions on what they have been watching.
 10.00 **Celebrity Gogglebox**
 Famous faces appraise *The Baby, One Question* and *Million Pound Pawn*.
 11.00 **Super Surgeons: A Chance at Life**
 12.05 AM **24 Hours in A&E**
 1.05 **Celebrity Hunted**
 2.10 **The Great Pottery Throw Down**
 3.30 to 4.35 AM **The Dog House**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

5USA

141/169 120/162 21 129

- 9.00 AM **Entertainment News**
 9.10 **Blue Bloods** (S1&5)
 1.00 PM **NCIS** Nine episodes of the drama, including at:
 7.00 **In the Zone:** 15/19. Nikki Jardine volunteers to help Tony investigate the murder of a Marine in Baghdad.
 8.00 **Recoil:** 16/19. Ziva becomes involved with a murder suspect. (S5)
 9.00 **Left Unsaid:** 4/10. A petty officer goes missing. (S21)
 10.00 **Law & Order: Special Victims Unit**
Funny Valentine: 16/24. A prominent R'n'B singer is brutally beaten.
 11.00 **Undercover Blue:** 17/24. The trial of pimp Bart Ganzel begins. (S14)
 12.00 M/T **Law & Order: Special Victims Unit**
 1.55 AM **Criminal Minds**
 2.50 **New York Undercover**
 3.35 to 4.00 AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM **Car Pound Cops**
 1.00 PM **Traffic Cops**
 5.00 PM **Police Interceptors** Four editions, including at:
 7.00 Officers hunt for two suspects allegedly armed with a gun.
 8.00 The team tackle reports of an illegal gun.
 9.00 **999: Critical Condition**
 A woman is admitted after a head-on collision with another car.
 10.00 **Accused New episode**
 Aletheia (Laura's Story): 8/15. A grieving mother discovers a growing online conspiracy. (S1)
 10.50 **Sleeping with My Murderer** A look into the case of Nat Fraser.
 11.50 **Dexter** 5&6/12. (S2)
 2.10 AM **GP's: Behind Closed Doors** Medical series.
 3.00 **Casualty** 24/7: Every Second Counts to 4.00 AM
 Entertainment News

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM **Car Pound Cops**
 9.30 **Trucking Hell**
 1.30 PM **FILM 55 Days at Peking** Period drama starring Charlton Heston. (1962, U, 154min) ★★★
 4.40 **FILM Death of a Gunfighter** Western with Richard Widmark and Lena Horne. (1969, PG, 100min) ★★
 6.35 **FILM The Glenn Miller Story** Musical biopic starring James Stewart and June Allyson. (1954, U, 116min) ★★★★★
 9.00 **FILM The Fugitive** Action thriller starring Harrison Ford and Tommy Lee Jones. (1993, 15, 128min) ★★★★★
 11.35 **FILM Out for Justice**
 Martial arts thriller starring Steven Seagal and William Forsythe. (1991, 18, 91 min) ★
 1.30 AM **Police Interceptors**
 2.30 **Trucking Hell**
 3.30 to 4.00 AM **Car Pound Cops**

U&W

132/133 827 125 25 156

- 6.10 AM **Tipping Point**
 10.00 **My Family** Six episodes.
 2.00 PM **Outnumbered** Six episodes, including at:
 4.00 Ben is determined to enter a talent show.
 4.40 Another guest stays with the family.
 5.20 Ben auditions for the school musical.
 6.00 **Pete Wicks: For Dogs' Sake** A puppy who needs urgent treatment for a badly broken leg.
 7.00 **Inside the Operating Theatre** A man is having his gall bladder removed.
 8.00 A woman needs to have a polyp removed.
 9.00 **Nurses on the Ward**
 Renee supports a young woman with anorexia.
 10.00 Caroline treats stroke patient Maureen.
 11.00 **DNA Family Secrets**
 1.40 to 3.00 AM **Stacey Dooley: Back on the Psych Ward**

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.10 AM **The Bill**
 12.00 **NOON Lark Rise to Candleford** Double bill.
 2.40 PM **Catherine Cookson's The Wingless Bird** Drama starring Claire Skinner.
 6.00 **Home Fires** 3/6. The Czech officers organise a dance, and Pat's affair with Marek is uncovered.
 7.00 4/6. The Brindleys realise the full extent of David's injuries. (S2)
 8.00 **Sister Boniface**
Mysteries Don't Try This at Home: 1/12. The nun investigates a murder on the set of a kids' TV programme. (S2)
 9.00 **Silent Witness**
Deathmaker: An incident brings back painful memories for Jack.
 11.15 **Signora Volpe**
 1.10 AM **Hope Street**
 2.15 to 4.00 AM **The Brokenwood Mysteries**

+1 hour 243 316 60

Really

142 128 17 145

- 6.00 AM **Fantasy Homes by the Sea** From Sardinia.
- 7.00 **Teleshopping**
- 8.00 **Fantasy Homes by the Sea** Double bill.
- 10.00 **My Dream Derelict Home in the Sun**
- 12.00 **NOON Who Do You Think You Are?**
- 2.00 PM **Long Lost Family**
- 3.00 **A Place in the Sun**
- 7.00 **Yorkshire Air 999**
- 8.00 **Helicopter ER**
A motocross racer has a life-threatening crash.
- 9.00 **Dr Pimple Popper**
Joe wants the bumps all over his head removed.
- 10.00 **Helping Katherine**, whose large ear cluster puts her job at risk.
- 11.00 **Jimmy** wants his raised alligator-like skin cured so he can find love.
- 12.00 **M'T Celebrity Help! My House Is Haunted**
- 2.00 AM **Teleshopping**
- 4.00 to 6.00 AM **Fantasy Homes by the Sea**

DMAX

159 169 39 147

- 6.00 AM **Alaskan Bush People** Four editions.
- 10.00 **Yunkyard Empire**
- 12.00 **NOON Wheeler Dealers**
- 1.00 PM **LIVE Snooker: Welsh Open** Coverage of the opening session of the final at Venue Cymru in Llandudno.
- 4.00 **Wheeler Dealers**
- 6.00 **Wheeler Dealers: Stripped Down**
- 6.30 **Wheeler Dealers: Chopped** Finding and restoring iconic cars.
- 6.45 **LIVE Snooker: Welsh Open** The second and concluding session of the final from Venue Cymru in Llandudno.
- 10.00 **Expedition X** Four editions, including at: 1.00 AM Reports of missing hikers in the Great Smoky Mountains.
- 2.00 AM **Teleshopping**
- 5.00 to 6.00 AM **Baggage Battles**

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM **My Lottery Dream Home** Six editions.
- 10.00 **A Place in the Sun**
- 12.00 **NOON My Dream Derelict Home in the Sun** A couple plan to restore a dilapidated manor house in France.
- 1.00 PM **Renovating a farmhouse in France.**
- 2.00 **A couple renovate two apartments in Spain.**
- 3.00 **Transforming a watermill in France.**
- 4.00 **A Birmingham couple tackle a derelict manor house in France.**
- 5.00 **Restoring a crumbling coach house.**
- 6.00 **Revamping a 300-year-old barn in the French countryside.**
- 7.00 **A project to transform a derelict farmhouse in Normandy.**
- 8.00 **A Place in the Sun**
- 1.00 to 4.00 AM **Bargain Mansions**

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM **Scrapheap Challenge Roadshow: Welly Wanging**
- 8.00 **Scrapheap Challenge**
- 10.00 **The Crystal Maze**
- 11.00 **Play Your Cards Right**
- 12.00 **NOON Dickinson's Real Deal** From Peterborough.
- 1.00 PM **Lily Savage's Blankety Blank**
- 3.00 **Through the Keyhole**
- 4.00 **Cash Trapped**
- 5.00 **The Chase Celebrity Special With Samia Longchambon**, Alex Brooker, Annabel Giles and Julian Clary.
- 6.00 **Natalie Anderson**, Patsy Kensit, Esther Rantzen and Brian McFadden take part.
- 7.00 **The Chase** Double bill.
- 9.00 **The Family Chase** The Holt family from Lanarkshire take part.
- 10.00 **The Chase** Six editions.
- 4.00 AM **The Chase Celebrity Special**
- 5.00 to 6.00 AM **The Chase**

Food Network

140/141 190 43 148

- 6.00 AM **Man v Food**
- 8.00 **Man v Food with Casey Webb** From Long Island.
- 8.30 **Man v Food**
- 10.30 **Man v Food with Casey Webb** Ice cream custard.
- 11.00 **James Martin's American Adventure**
- 3.00 PM **The Great British Bake Off** Four editions.
- 9.00 **Adam Richman Eats** Football Adam explores the football food culture of Newcastle United.
- 9.30 **Adam Richman Eats** Britain Adam tries a tattie scone in Scone.
- 10.00 **Ottolenghi's Mediterranean Feast** Chef Yotam Ottolenghi explores Tunisia, where he dines on fresh fish.
- 11.00 **The chef's culinary journey** concludes in Israel.
- 12.00 **M'T Gok Wan's Easy Asian** Double bill.
- 1.00 to 3.00 AM **Cake Boss**

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM **Curvy Brides** Boutique Reality series.
- 8.00 **Say Yes to the Dress**
- 10.00 **Outdaughters: Busby Quints** Double bill.
- 12.00 **NOON Extreme Cheapskates**
- 1.00 PM **My 600lb Life**
- 5.00 **Too Large** Corey tries to stay focused on his diet.
- 6.00 **Sister Wives**
- 7.00 **Good Bones**
- 8.00 **The Bad Skin Clinic**
- 9.00 **Baylen Out Loud**
- 10.00 **Love Off the Grid** Charlie pushes Jen to prove her commitment.
- 11.00 **Sex Sent Me to the ER**
- 12.00 **M'T Bugs, Bites and Parasites: Tropical Diseases Uncovered**
- 1.00 AM **Extreme Cheapskates**
- 2.00 **Dr Pimple Popper**
- 4.00 **The Bad Skin Clinic**
- 5.00 to 6.00 AM **Curvy Brides Boutique**

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.10 AM **FILM Waterloo** Historical drama. (1970, U, 132min) ★★★
- 11.10 **FILM Decision at Sundown** Western. (1957, PG, 77min) ★★
- 1.00 PM **Wanted: Dead or Alive** Double bill.
- 2.00 **FILM Johnny Guitar** Western drama. (1953, PG, 110min) ★★★★★
- 4.25 **FILM Jesse James** Western adventure. (1939, U, 106min) ★★★
- 6.50 **FILM The Tin Star** Western. (1957, b/w, U, 93min) ★★★★★
- 9.00 **FILM Mackenna's Gold** Western adventure. (1968, 15, 136min) ★★★★★
- 11.40 **FILM Half Past Dead** Action thriller. (2002, 15, 98min) ★★★★★
- 1.50 AM **FILM Earthstorm** Sci-fi action drama. (2006, PG, 90min) ★★
- 3.50 to 5.00 AM **Wild West Chronicles**

+1 hour 324

Legend

148 149 41 137

- 7.00 AM **The Twilight Zone**
- 8.00 **FILM Apocalypse Pompeii** Disaster movie. (2014, 15, 87min) ★
- 10.00 **Six Million Dollar Man**
- 3.00 PM **Poseidon Adventure**
- 6.45 **FILM The Devil-Ship Pirates** Adventure starring Christopher Lee. (1963, U, 96min) ★★
- 8.30 **The Twilight Zone (S3)**
- 9.00 **FILM The Day of the Jackal** Thriller based on the novel by Frederick Forsyth, starring Edward Fox. (1973, 15, 142min) ★★★★★
- 11.45 **FILM He Who Dares** Action thriller starring Tom Benedict Knight. (2014, 15, 78min) ★
- 1.20 AM **FILM The Internecine Project** Suspense thriller starring James Coburn. (1974, 15, 89min) ★
- 3.05 to 4.50 AM **FILM She Never Died** Thriller. (2019, 15, 89min) ★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM **Impractical Jokers**
- 10.30 **Friends (S4)**
- 1.00 PM **Friends (S4&5)**
- 9.00 **Lee Evans: Roadrunner** A performance recorded at London's O2 during the energetic comedian's 2011 tour.
- 10.00 **FILM The Brothers Grimsby** Action comedy starring Sacha Baron Cohen and Mark Strong. A football hooligan discovers his long-lost brother is a secret agent, and helps him on a world-saving mission. With Isla Fisher, Penélope Cruz and Rebel Wilson. (2016, 15, 83min) ★★
- 11.35 **Impractical Jokers**
- 12.35 AM **Beavis and Butt-Head (S4)**
- 2.05 **Whose Line Is It Anyway? USA**
- 4.10 **The Comedy Central Chart Show**
- 4.15 to 5.00 AM **Guessable?**

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.10 AM **Perception**
- 10.20 **FILM Cruel Fixation** Thriller. (2019, 12) ★★
- 12.15 PM **FILM Staged Killer** Thriller. (2019, 12) ★★
- 2.15 **FILM Just Like Heaven** Romantic fantasy. (2005, PG, 95min) ★★★★★
- 4.30 **FILM Sweet Home Alabama** Romantic comedy. (2002, 12, 109min) ★★★★★
- 6.50 **FILM Six Days Seven Nights** Romantic comedy starring Anne Heche. (1998, 12, 101min) ★★
- 9.00 **FILM The Mexican** Action comedy with Brad Pitt and Julia Roberts. (2001, 15, 123min) ★★
- 11.35 **FILM Vertical Limit** Adventure thriller. (2000, 12, 124min) ★★★★★
- 2.10 AM **FILM Gone Missing** Thriller. (2013, 12) ★★
- 4.00 to 6.00 AM **FILM A Stolen Past** Drama. (2018, 12, 87min) ★★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM **FILM Arctic** Apocalypse Thriller. (2019, PG, 90min) ★
- 8.00 **FILM Biggles: Adventure in Time** Time-travel adventure. (1986, PG, 108min) ★★
- 10.00 **Impact 1&2/2 (S1)**
- 2.00 PM **FILM Dragonquest** Fantasy adventure starring Daniel Bonjour. (2009, 12, 90min) ★★
- 4.00 **Star Trek (S1&2)**
- 9.00 **FILM The Satanic Rites of Dracula** Horror chiller with Christopher Lee and Peter Cushing. (1973, 18, 88min) ★★
- 10.50 **FILM Tales that Witness Madness** Horror anthology of four eerie tales, starring Joan Collins and Kim Novak. (1973, 18, 90min) ★
- 12.50 to 3.00 AM **FILM Open 24 Hours** Horror starring Vanessa Grasse. (2018, 18, 102min) ★★

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM **Impractical Jokers**
- 7.00 **Teleshopping**
- 9.00 **Friends (S4&5)**
- 11.00 **Criminally Funny**
- 7.00 PM **Whose Line Is It Anyway? USA**
- 9.00 **Friends 1/24** Rachel realises she wants to start dating Ross again.
- 9.30 **3/24** Chandler dates Rachel's boss.
- 10.00 **4/24** Joey agrees to help the building's caretaker with dancing.
- 10.30 **5/24** Chandler falls for Joey's date.
- 11.00 **7/24** Chandler tries to stop Joey from discovering the truth.
- 11.30 **9/24** Monica is offered a career opportunity that is too good to turn down. (S4)
- 12.00 **MT Friends (S4)**
- 2.00 AM **Last Man Standing**
- 3.00 **The Daily Show**
- 4.55 **Beavis and Butt-Head**
- 5.15 to 6.00 AM **Digman!**

GREAT! romance

319 424 52

- 8.10 AM **FILM Season for Love** (2018, PG) ★★
- 10.10 **FILM One of a Kind** Love Drama. (2021, PG) ★★
- 12.05 PM **FILM It Was Always You** Romantic drama. (2021, PG, 86min) ★★
- 2.00 **FILM How to Find Forever** Romance. (2021, PG, 90min) ★★
- 4.00 **FILM The Birthday Wish** Romantic drama. (2017, PG, 84min) ★★
- 6.05 **FILM All of My Heart: Inn Love** Romance. (2017, PG, 90min) ★★
- 8.00 **FILM Accidentally Engaged** Romance. (2016, PG, 86min) ★★
- 9.55 **FILM All Yours** Comedy. (2016, PG, 84min) ★★
- 11.50 **FILM A Brush with Love** Romantic drama. (2019, PG, 84min) ★★
- 1.55 AM **Highway to Heaven**
- 3.00 to 5.00 AM **FILM My Boss's Wedding** Drama. (2021, PG, 85min) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM **Hardcore Pawn**
- 8.00 **Storage Wars: Texas**
- 10.00 **Storage Hunters**
- 12.00 **NOON Close Encounters**
- 1.00 PM **On the Trail of UFOs: Dark Sky**
- 3.00 **Alien Files: Unsealed**
- 4.30 **World's Most Unexplained...**
- 7.00 **Digging for Britain** As winter approaches, the swamp reveals more of its secrets.
- 9.00 **U-Boat Wargamers** Efforts to defeat Admiral Karl Dönitz and his Wolf Pack fleets of U-boats.
- 10.05 **Viking Dead** The remains of two boats filled with bodies.
- 11.05 **Lost Relic Hunters**
- 12.05 AM **History's Greatest Mysteries** MH370.
- 1.00 **Conspiracy Files: Unsealed** Double bill.
- 2.00 **National Park Mysteries**
- 3.00 to 6.00 AM **Flipping Bangers**

Sky Replay

152 156

- 7.00 AM **The Real A&E**
- 10.00 **Four Weddings**
- 12.00 **NOON Nothing to Declare** Four editions.
- 2.00 PM **MacGyver** Five episodes, including at: 4.00 **Father & Bride & Betrayal**: 14/22. An international crime boss offers Matty a deal.
- 5.00 **K9 & Snugglers & New Recruit**: 15/22. The team protect a gun-sniffing dog that has a bounty on its head.
- 6.00 **Lidar & Rogues & Duty**: 16/22. The team attempt to recover the body of a pilot whose plane crashed while testing an experimental mapping system. (S3)
- 7.00 **Air Ambulance ER**
- 12.00 **MT The Russell Howard Hour**
- 2.00 AM **A League of Their Own** With Alex Brooker.
- 3.00 to 6.00 AM **Four Weddings**

Rewind TV

182 95

- 6.00 AM **Flash Gordon Conquers the Universe**
- 7.40 **Roobarb**
- 7.45 **Auto Rewind**
- 8.00 **I Dream of Jeannie (S1)**
- 9.30 **Watching (S6&7)**
- 12.00 **NOON Jason King**
- 3.00 PM **Hancock (S1)**
- 3.30 **Tracing the Rails**
- 4.00 **Walking Westward**
- 4.30 **Bust 6/6 (S1)**
- 5.30 **I Dream of Jeannie (S1)**
- 7.00 **FILM The Early Bird** Farical comedy starring Norman Wisdom and Edward Chapman. (1965, U, 95min) ★★
- 9.00 **Police Woman The End Game**: 1/22. A gang of villains commit a murder during a robbery. (S1)
- 10.00 **Jason King (S1)**
- 1.00 AM **Stereo Underground**
- 2.00 **Bubblegum & Cheese**
- 3.00 **Police Woman (S1)**
- 4.00 **Monkey 2/26 (S1)**
- 5.00 **Tracing the Rails**
- 5.30 to 6.00 AM **Walking Westward**

5SELECT

153 138 46 133

- 9.00 AM **Aldi's Middle Aisle: How Do They Really Do It?** Documentary.
- 10.00 **Supermarket Prices: Are We Being Ripped Off?** Documentary.
- 11.00 **Columbo** Five episodes of the drama, including at: 5.35 PM **Death Lends a Hand**: A private eye murders his client's adulterous wife.
- 7.00 **Ronnie Corbett: 30 Funniest Moments**
- 9.00 **The Good Life: 50 Years of Laughs** A celebration of the much-loved sitcom.
- 10.30 **One Foot in the Grave: Funniest Moments & More** A celebration of the classic sitcom.
- 12.00 **MT World War I in Colour** Documentary.
- 1.00 AM **World War II in Colour** Documentary.
- 2.00 **Nazi Megastructures**
- 3.50 to 4.00 AM **Entertainment News**

MTV

126/127 824 134

- 6.00 AM **The Hills**
- 6.20 **16 and Pregnant**
- 7.10 **Teen Mom: The Next Chapter** Double bill.
- 9.00 **Dallas Cowboys Cheerleaders**
- 1.00 PM **Catfish: The TV Show** Eight editions of the series, including at: 6.00 **Michael** is concerned about Romeo's identity.
- 7.00 **Jeremy** needs help finding out who Alex is.
- 8.00 **Genesis** is hopeful for a new start with Jersion.
- 9.00 **Teen Mom: The Next Chapter** Leah's twins start high school.
- 10.00 **Help! I'm in a Secret Relationship!** Tanya needs to know why Jenny is hiding her.
- 11.00 **Geordie Shore**
- 12.00 **MT Ink Master**
- 2.00 AM **Catfish: The TV Show** Double bill.
- 3.35 to 4.00 AM **Teen Cries**

★★★★★ Excellent ★★★★★ Very Good ★★★★★ Good ★★★★★ Average ★★★★★ Poor

Discovery

125/126 823 177 320 325

- 6.00** AM **Wheeler Dealers: Dream Car** A Caterham sports car.
- 7.00** **Wheeler Dealers**
- 10.00** **Wheeler Dealers: Dream Car**
- 11.00** **Wheeler Dealers**
- 12.00** NOON **Alaska: Homestead Rescue** Triple bill, including at: **4.00** PM Novice farmsteaders are on the verge of losing the legacy of their late father
- 6.00** **Border Control: Europe** A traveller has luggage full of knock-off luxury products.
- 6.30** A car is searched at the French-Belgian border.

**7.00** **Alaska: Homestead Rescue**

- 7.00** **Alaska: Homestead Rescue** **New edition** The Raneys race to build the first ever 'homestead fortress', and protect a family from brown bears that have taken over a remote homestead.

- 9.00** **Marooned with Ed Stafford** Ed hunts the elusive warthog while undergoing a survival challenge in Namibia.

- 10.00** **Custom Carolina** The team continue to put their own spin on a classic 1967 resto-modded Chevy Corvette.

- 11.00** **Texas Metal** The team work on a Baja-style F-150 race truck.

- 12.00** **MT Naked and Afraid: Last One Standing** Matt comes face to face with a deadly snake.
- 2.00** AM Competitors battle for new resources.

- 4.00** to **5.00** AM **How Do They Do It?**

+1 hour 225/226 377

Animal Planet

162/175 178

- 8.00** AM **Insane Pools: Off the Deep End** A jungle oasis.
- 9.00** **Crikey! It's the Irwins**
- 10.00** **Dogs 101** How different breeds of dogs behave.
- 11.00** **Alaska: Homestead Rescue**
- 12.00** NOON **Animal Cribbs**
- 1.00** PM **Crikey! It's the Irwins**
- 2.00** **Project Grizzly** Double bill.
- 4.00** **Pit Bulls & Parolees**
- 5.00** **Alaska: Homestead Rescue** The Raneys come to the aid of a family in Northern California.
- 6.00** **Insane Pools: Off the Deep End** Lucas remodels a tiny pool.

**8.00** **Brave the Wild**

- 7.00** **Crikey! It's the Irwins** Robert and Terri take to the skies to release some sea turtles near the Great Barrier Reef.

- 8.00** **Coyote Peterson: Brave the Wild** Coyote searches for the knob-tailed gecko.
- 8.30** A hunt for strange lizards and reptiles.

- 9.00** **Tanked** Presenter and actor Mario Lopez helps the ATM team transform a 1990s coin-operated video-game console.

- 10.00** **Alaskan Bush People** The Browns struggle to adapt to a more urban existence after shutting down their homestead.

- 11.00** **Guardians of Rescue** Moose and Elle confront a man accused of animal abuse.

- 12.00** **MT Animal Cops** Houston

- 1.00** AM **Alaskan Bush People**

- 2.00** **Pit Bulls & Parolees**

- 3.00** **Alaska: Homestead Rescue**

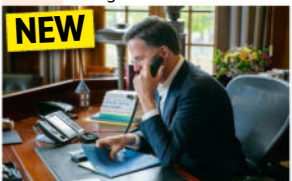
- 4.00** to **5.00** AM **Insane Pools: Off the Deep End**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

- 8.00** AM **Food Factory**
- 9.00** **Ice Road Rescue**
- 11.00** **Colossal Machines**
- 12.00** NOON **Air Crash Investigation**
- 3.00** PM **Drain the Oceans**
- 4.00** **Apocalypse: Hitler Takes on the East** The story of the German invasion of the USSR during World War Two.
- 5.00** In October 1941, Hitler believes his triumph over the USSR is imminent.
- 6.00** **Seconds from Disaster** The series of errors that led to the sinking of the *Bismarck* in 1941.

**9.00** **Murder in the Skies**

- 7.00** **Mutant Weather** Major flooding in the southern US forces people to leave the land their families have lived on for generations.

- 8.00** **Mysterious Islands** **New edition** Locations steeped in intrigue, including the enigma of 'Havana Syndrome'.

- 9.00** **NEW SERIES Murder in the Skies: Who Downed MH17?** 1/3. The amateur online investigation into the 2014 plane crash.

- 10.00** **Murder in the Skies: Who Downed MH17?** **New edition** 2/3. The battle to find out who shot down MH17 intensifies.

- 11.00** **Ukraine: War from the Air**

- 12.00** **MT UFOs: Investigating the Unknown** Documentary.

- 1.00** AM **Air Crash Investigation**

- 2.00** **Money Meltdown**

- 2.55** **Food Factory USA**

- 3.45** **Lords of War** Double bill.

- 4.35** to **5.00** AM **Prairie Dog Dynasty**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

- 6.00** AM **Greatest Heists with Pierce Brosnan**
- 7.00** **Pawn Stars** Triple bill.
- 10.00** **Storage Wars** Eight editions.
- 2.00** PM **Ancient Impossible** A look into how huge objects were moved in the past.
- 3.00** How Egypt's pyramids and temples were built.
- 4.00** How ancient civilisations created weapons of mass destruction that are more deadly than those today.
- 5.00** The world's first robot.
- 6.00** Documentary examining the factories of yesterday.

**9.00** **The Egyptian Book...**

- 7.00** **Ultimate Mysteries** A look into the unsolved disappearances of aviator Amelia Earhart and hijacker DB Cooper.

- 8.00** **Ultimate Mysteries** Issues that harbour lingering doubts, such as Area 51, Roswell and Dugway Proving Ground.

- 9.00** **The Egyptian Book of the Dead** A version of the ancient text once buried with an Egyptian scribe, now preserved in the British Museum and thought to be the oldest surviving document in human history.

- 11.00** **The Lost Women Spies** Assigned to the British War Crime Investigation Unit in post-war Germany, British intelligence officer Vera Atkins pursued the fate of her agents.

- 12.05** to **6.00** AM **Ancient Impossible**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

- 6.10** AM **Antiques Roadshow**
- 11.00** **Guy Martin's Wall of Death**
- 12.10** PM **Guy Martin's Spitfire**
- 1.40** **Guy Martin's WWI Tank**
- 3.00** **Canal Boat Diaries** Robbie Cumming takes a tumble at Buckby Locks and has a problem with his power supply.
- 4.00** Robbie gets a soaking inside the Blisworth Tunnel.
- 5.00** Robbie gets iced in on the Grand Union Canal.
- 6.00** **Find It, Fix It, Flog It** The boys visit Norfolk to assist retired engineer Graham.

**7.00** **Find It, Fix It, Flog It**

- 7.00** **Find It, Fix It, Flog It** Henry Cole and Simon O'Brien visit Suffolk to meet Terry and Sam who are living the 'good life'.

- 8.00** **Antiques Roadshow** Fiona Bruce and the team visit Wentworth Woodhouse stately home in South Yorkshire.

- 9.00** **Antiques Roadshow** The team pay a second visit to Wentworth Woodhouse, where items include a valuable Georgian tea tray.

- 10.00** **Bangers & Cash** Derek heads to north Wales to collect an Austin 7 and a gem of a Bentley with coachwork built by Kellner.

- 11.00** **Canal Boat Diaries** to **3.00** AM **Find It, Fix It, Flog It** Henry and Simon visit Norfolk to assist retired engineer Graham and his wife Lindsay. They discover a rare tandem disability scooter, along with a retro record player in need of restoration.

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00** AM **Combat Dealers**

- 8.00** **Find It, Fix It, Flog It**

- 12.00** NOON **The Travelling Auctioneers**

- 3.00** PM **The Repair Shop**

- 5.00** **The Yorkshire Auction House** Double bill.

- 7.00** **Celebrity Yorkshire Auction House**

- 8.00** **The Repair Shop**

- A wicker cradle, a wall clock and a make-up compact are restored.

- 9.00** The team restore a harmonium, a pair of clogs and a sculpture.

- 10.00** Restoring an art deco lamp and a stained glass window.

- 11.00** The team restore a teddy bear and a pair of art deco statuettes.

- 12.00** **MT Salvage Hunters: The Restorers**

- 2.00** AM **NASA's Unexplained Files**

- 4.00** to **5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00** AM **Say Yes to the Dress: Bridesmaids**

- 7.00** **Say Yes... Lancashire**

- 8.00** **Curvy Brides Boutique**

- 9.00** **Say Yes to the Dress: Atlanta** Double bill.

- 10.00** **Say Yes to the Dress**

- 12.00** NOON **FBI Files**

- 3.00** PM **Diabolical: Deadly Love** True-crime.

- 4.00** **Married to Evil**

- 6.00** **Til Death Do Us Part**

- How a tragic accident proved to be sinister.

- 7.00** The murder of Kathy Wangler.

- 8.00** A series of events that shattered a family.

- 9.00** **Texas Murder Mystery** A detective's last case turns out to be one of his most difficult.

- 11.00** **Faking It: Tears of a Crime** Triple bill.

- 2.00** AM **Murder Comes to Town** Melissa Augustson.

- 3.00** to **4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

- 9.00** AM **Judge Judy**

- 1.00** PM **Judge Judy**

- 6.05** **Facing Evil**

- 7.00** **Bloodline Detectives**

- A body found on the interstate disrupts the tranquility of a town.

- 8.00** **Murder She Solved**

- A police officer and a firefighter are killed in strange circumstances.

- 9.00** **Murder UK** Wayne Coventry's relationship blinds him to dangers until it's too late.

- 10.00** Evie Adams seeks a family but finds a man with a secret.

- 11.00** **Real Detective: North of the Border** Steve Kovach investigates the murder of Awad Abdalla.

- 12.00** MT The murder of RCMP Constable Gordon Kowalczyk.

- 1.00** AM **Murder UK**

- 3.00** **Medical Detectives**

- 4.00** to **6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00** AM **48 Hours**

- 2.00** PM **Medical Detectives**

- A murderer tries to overturn his conviction.

- 2.30** A girl admits the testimony used to convict her uncle of murder was untrue.

- 3.00** Police use new technology to solve a murder of a student.

- 3.30** Police uncover disturbing evidence about a woman's killer.

- 4.00** The death of a health-conscious woman.

- 4.30** The 1984 murder of a young woman.

- 5.00** **Donal MacIntyre: Unsolved** Revisiting the case of a man who vanished in 2000.

- 6.00** **Judge Judy** Real-life small-claims cases.

- 12.15** AM **Judge Judy**

- 2.00** **The Day I Should Have Died** Double bill.

- 4.00** **Citizen Detective**

- 4.45** to **6.00** AM **Medical Detectives**

+1 hour 222/223 321

Sky Crime

122/123 820 121 349 364

- 6.00** AM **Motorway Patrol**

- 9.00** **Brit Cops: Law & Disorder** Documentary.

- 10.00** **Stop, Search, Seize**

- 11.00** **Britain's Most Evil Killers**

- 12.00** NOON **Killer in My Village** David Ryan.

- 1.00** PM **Killer Siblings**

- 2.00** **Love You to Death**

- 3.00** **Forensics: Catching the Killer** Documentary.

- 4.00** **The Killer Within**

- 5.00** **Murdered at First Sight**

- 6.00** **Killer in My Village**

- 7.00** **Britain's Most Evil Killers**

- 8.00** **Forensics: Catching the Killer** Documentary

- 9.00** **Monster in the Shadows**

- 10.00** **World's Most Evil Killers**

- 11.00** **The Real Manhunter**

- 12.00** MT **An Unexpected Killer** Documentary.

- 1.00** AM **Killer in My Village**

- 3.00** **The Force: North East**

- 4.00** **The Force: Manchester**

- 5.00** to **6.00** AM **Motorbike Cops**

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00** AM **Wrecks That Changed the World**

- 1.00** PM **Beautiful Serengeti**

- 1.30** **Wrecks That Changed the World** Three German U-Boat wrecks.

- 2.30** Divers discover what set two ships on the path to catastrophe.

- 3.25** The weaknesses that doomed warships.

- 4.25** How the atom bomb changed the world.

- 5.20** How the Americans eradicated the Japanese fleet.

- 6.20** **The Rise and Fall of the Rust Belt 1&2/2.**

- 8.35** **Nixon in the Den** The career of former US President Richard Nixon.

- 9.40** **The Rise and Fall of the Rust Belt 1/2.** The story of the Rust Belt.

- 10.50** 2/2. The impact of the Rust Belt's decline.

- 12.00** MT **Nixon in the Den**

- 1.10** to **2.00** AM **Beautiful Serengeti**

TV&Satellite Week 51

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM **Discovering: Dennis Hopper**
7.00 **Discovering: Sissy Spacek**
8.00 **The Directors**
10.00 **Natalie Wood: What Remains Behind** A unique insight into the movie star's life, from her daughter's perspective.
12.00 **NOON Bobby Robson: More Than a Manager** The career of the former football manager.
2.00 PM **FILM Man on Wire** Oscar-winning documentary. (2007, 12, 93min) ★★★★★
4.00 **Stevie Van Zandt: Disciple**
6.50 **Hitsville: The Making of Motown** The history and origins of the Motown record label.
9.00 **Boyzone: No Matter What** **Series finale** 3/3. The documentary charts the band's split and eventual reunion.
10.00 **Music Box** A look at Alanis Morissette's rise to fame.
12.00 **MT Mr Dynamite: The Rise of James Brown** The career of the singer, musician and producer.
2.20 AM **Look Away**
4.10 to 6.00 AM **Gabon: Earth's Last Chance**

Crime+Investigation

156 837 133

- 6.00 AM **Nightmare in Suburbia**
8.00 **Accident, Suicide or Murder?**
1.00 PM **Justice Rinder's Crime Stories** Four editions.
5.00 **Witness to Murder: Digital Evidence** True-crime.
6.00 **I Met My Murderer Online**
7.00 **Green Eyed Killers**
8.00 **Prison Brides** Documentary.
9.00 **Cold Case Files: Murder in the Bayou** **New edition** How DNA solved a cold case in Lafayette.
10.00 **Cold Case Files** DNA from a knife is used to find a killer.
11.00 **The Killer Interview with Piers Morgan** Robert Spahalski.
12.00 **MT I Met My Murderer Online**
1.00 AM **Cold Case Files: Murder in the Bayou** As 9.00pm.
2.00 **NEW SERIES Cops Gone Bad with Will Mellor** The story of Adam Provan, who sexually assaulted a 16-year-old girl.
3.00 **Witness to Murder: Digital Evidence** True-crime.
4.00 to 6.00 AM **Accident, Suicide or Murder?**

+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM **The Architecture the Railways Built** Eight editions.
5.00 PM **The Bill** **Conscience**: A date with a married woman reunites Roach with a face from his past.
5.30 **Sunday Sunday**: Edwards and Martella encounter a group of white supremacists.
6.00 **Climate**: Roach enlists Judy's help in investigating young girls being attacked.
6.30 **Bad Company**: PC Melvin is called to an abandoned factory with dire consequences.
7.00 **Pointless** Double bill.
9.00 **NEW SERIES The Alienist Ex Ore Infantium**: 1/8. Sara Howard reunites with Dr Kreizler and John Moore for a chilling case.
10.00 **New episode** *Something Wicked*: 2/8. Sara uncovers a clue that leads her into dangerous territory. (S2)
11.05 **The Bill** Four episodes.
1.05 AM **Pointless** Double bill.
3.05 **The Architecture the Railways Built** Triple bill of editions.
5.30 to 6.00 AM **The Bill**

+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM **Tales from Zambia**
9.00 **Becoming Orangutan**
12.00 **NOON Land of the Far North**
2.00 PM **Carpathian Predators**
4.00 **David Attenborough's Global Adventure: Home Planet**
5.00 **David Attenborough's Rise of Animals: Triumph of the Vertebrates** Double bill.
7.00 **Planet Weird** **New edition** A look at the partnership between clownfish and anemones, as well as the agreements of dung beetles and pitcher plants.
8.00 **Impossible Animals** The challenges posed by the habitat of the desert, a world with no water and where temperatures fluctuate from the heat of midday to the cold of night.
9.00 The challenges faced by animals living in the rainforest.
10.00 The amazing animals that live on the coast.
11.00 **Planet Weird** As 7.00pm.
12.00 **MT Land of the Far North**
2.00 AM **Becoming Orangutan**
5.00 to 6.00 AM **Zambia Untamed**

WILD

165 841 182

- 8.00 AM **World's Weirdest**
11.00 **Europe from Above**
1.00 PM **When Predators Attack**
2.00 **Predator Bloodlines**
4.00 **Secrets of the Zoo**
6.00 **Critter Fixers: Country Vets** **New edition** Dr Hodges tries to remove a massive tumour on a goldfish, and takes on a patient with a rare medical condition.
7.00 **Rare Cat Skills** A look at the survival skills of rare wild cats.
8.00 **NEW Nicobar Islands: A Monkey's Long Tale** A mission to explore the Nicobar Islands in the Indian Ocean.
9.00 **Chimp School** Documentary following the chimpanzees at a sanctuary in Sierra Leone.
10.00 **Africa's Hunters** A pride of lions face a leadership challenge, putting the current dominant males under pressure to defend their position.
11.00 **Snakes in the City**
12.00 **MT Alaska: The Next Generation** Double bill.
2.00 AM **Secrets of the Zoo**
4.00 to 5.00 AM **Yukon Vet**

ID

154 166

- 8.00 AM **Home Sweet Homicide**
10.00 **Someone You Thought You Knew** Double bill of editions.
12.00 **NOON Murder in Ypsilanti: Keith Morrison Investigates**
2.00 PM **Grave Mysteries**
4.00 **Forbidden: Dying for Love**
6.00 **Still a Mystery** When a young mother disappeared, there were no shortage of men in town for police to question.
7.00 Susan Osborne and her 14-year-old son disappear.
8.00 **Evil Online** The case of Lorianne Parker, whose dream date turned into a living nightmare.
9.00 **Lethally Blonde** A single mother turns to exotic dancing to support her family.
10.00 **High Speed Chase** A driver in a stolen vehicle leads a rookie cop on an action-packed pursuit in Florida.
11.00 **Fatal Affairs** True-crime.
12.00 **MT Dead Silent** Double bill.
2.00 AM **Caught in the Net**
4.00 to 6.00 AM **Diabolical: Deadly Love**

+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM **Ancient Aliens** Triple bill.
9.00 **Holy Marvels with Dennis Quaid** Double bill of editions.
11.00 **Hitler's British Island**
12.00 **NOON What on Earth?**
3.00 PM **Ancient Aliens**
5.00 **Combat Ships**
6.00 **Combat Trains**
7.00 **Combat Machines** How an American GI and his Harley motorbike became a legend.
8.00 **Ancient Aliens** Documentary.
9.00 **Haunted Hospitals** A nurse faces a spirit in an old hospital.
10.00 A nurse receives a warning from a 'ghost doctor'.
11.00 **Ancient Aliens** Evidence of aliens in ancient ruins.
12.00 **MT** Considering whether aliens helped invent weapons.
1.00 AM Investigating macabre places associated with death.
2.00 **Alien Autopsy: The Search for Answers** Documentary.
3.00 **The UnXplained with William Shatner** Ancient structures.
4.00 **Inside the Tower of London**
5.00 to 6.00 AM **Britain's Greatest Obsessions**

Discovery History

174 181

- 7.00 AM **Shed and Buried**
9.00 **The Antiques Brothers**
12.00 **NOON Combat Dealers**
3.00 PM **The Dino Hunters**
6.00 **The Alaska Triangle** A famous UFO case occurs above Alaska.
7.00 A government facility in the wilderness may be hiding an extra-terrestrial pyramid.
8.00 Whether a Sasquatch colony is terrorising the residents of a remote island.
9.00 **Contact Project** An eyewitness in Kansas reveals photographic evidence of a UFO landing site.
10.00 Expert analysis uncovers a correlation between UFO sightings and secret government sites.
11.00 The team discover recent video of a fast-moving UFO.
12.00 **MT** A number of secret documents lead Myke and Dr Livingston to recordings by the US and Russian Navy.
1.00 AM **Spontaneous Combustion: Investigation X**
2.00 to 5.00 AM **Combat Dealers**

+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM **World's Greatest Motorcycle Rides**
9.00 **How Do They Do It?**
11.00 **Goblin Works Garage**
12.00 **NOON Lucky!** Five editions.
5.00 PM **Head 2 Head**
7.00 **Wheeler Dealers** Mike and Elvis wrestle a Mitsubishi Lancer Evo7 which needs an engine rebuild and a new look.
8.00 Mike and Ant attempt to bring an original 1982 Toyota Supra into the modern era.
9.00 Mike discovers a true legend from the 1990s – a Nissan 300ZX twin turbo.
10.00 Mike and Edd take on their first Honda, but finding a cheap S2000 is hard.
11.00 Mike and Ant turn their attention to a rare 2004 MX-5 Mazdaspeed.
12.00 **MT** A legendary 1991 Toyota MR2 Turbo is found.
1.00 AM **Incredible Engineering Blunders: Fixed**
2.00 to 5.00 AM **World's Greatest Motorcycle Rides**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

- 6.00 AM **Fox and Hare Save the Forest** Animation. (2024, U)
7.25 **The Garfield Movie** (2023)
9.15 **I Saw the TV Glow** Horror. (2024, 15, 100min) ★★
11.05 **Furiosa: A Mad Max Saga**
1.45 PM **The Killer** Action thriller. (2024, 15, 126min) ★★★★★
4.00 **The Garfield Movie** Animation. (2023, U, 101min) ★★
5.45 **PREMIERE A Place Called Silence** Chinese thriller. Subtitled. (2024, 15, 119min)



5.45 A Place Called Silence

- 8.00 **Furiosa: A Mad Max Saga** Fantasy adventure prequel starring Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by the crazed Dementus. With Tom Burke, Lachy Hulme and Alyla Browne. (2024, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.35 **The Line** Drama with Alex Wolff and Bo Mitchell. A university student tries to live his life without a fear of consequences. (2023, 15, 100min)

- 12.25 AM **PREMIERE A Place Called Silence** As 5.45pm.
2.35 **Chuck Chuck Baby** Drama starring Louise Brealey. (2023, 15, 101min) ★★★★★
4.25 to 6.00 AM **Timestalker** Fantasy starring Alice Lowe. (2024, 15, 89min) ★★★★★

Sky Cinema Drama

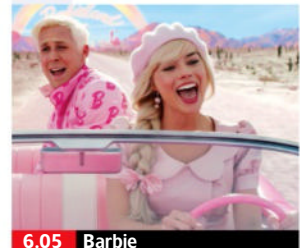
310 410 510 524

- 7.25 AM **Jesus Revolution** (2023)
9.35 **P.S. I Love You** Comedy drama. (2007, 12, 121min) ★★
11.50 **The Theory of Everything** Biopic of Stephen Hawking. (2014, 12, 120min) ★★★★★
2.00 PM **Dallas Buyers Club** Drama. (2013, 15, 114min) ★★★★★
4.00 **Lee** Biopic starring Kate Winslet as war photographer Lee Miller. (2023, 15, 117min) ★★
6.00 **Chicago** Musical starring Renée Zellweger, Catherine Zeta-Jones and Richard Gere. (2002, 12, 112min) ★★★★★
8.00 **Alfie** Comedy drama remake starring Jude Law as a womanising limousine driver who enjoys a carefree existence in Manhattan flitting from one romantic conquest to the next. (2004, 15, 106min) ★★
10.00 **Mothers!** Thriller with Jennifer Lawrence and Javier Bardem. (2017, 18, 121min) ★★★★★
12.05 AM **Dear John** Romantic drama. (2010, 12, 108min) ★★
2.05 **Jesus Revolution** Drama. (2023, 12, 120min) ★★
4.15 **The Man with the Answers** Drama. (2021, 12, 80min) ★★★★★
5.45 to 7.30 AM **Drift** Drama. (2023, 15, 93min) ★★★★★

Sky Cinema Hits

303 403 503 517

- 6.00 AM **The Cinema List**
6.20 **There's Something in the...**
8.10 **The Secret Kingdom** Fantasy. (2023, PG, 98min) ★
10.05 **Shazam! Fury of the Gods** Fantasy. (2023, 12) ★★
12.15 PM **Madame Web** Fantasy. (2024, 12, 116min) ★★
2.15 **Pixels** As shown at 12.00m't.
4.05 **Wonka** Fantasy comedy. (2023, PG, 116min) ★★★★★
6.05 **Barbie** Fantasy comedy. (2023, 12, 114min) ★★★★★



6.05 Barbie

- 8.00 **The Truman Show** Satirical comedy starring Jim Carrey as the unwitting star of the world's longest running documentary soap opera. With Laura Linney, Ed Harris and Natascha McElhone. (1997, PG, 99min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00 **The Equalizer 3** Action thriller sequel starring Denzel Washington. Former government assassin Robert McCall takes on the mafia in Italy. (2023, 15, 109min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.00 **MT Pixels** Sci-fi action comedy with Adam Sandler. (2015, 12, 105min) ★★
2.00 AM **The Three Musketeers: Milady** Adventure sequel. (2023, 12, 115min) ★★★★★
4.05 to 6.00 AM **There's Something in the Barn** Festive comedy horror. (2023, 15, 100min) ★★

Sky Cinema Sci-fi/Horror

311 411 511 525

- 6.20 AM **Resident Evil: Extinction**
8.00 **Interstellar** Sci-fi mystery. (2014, 12, 166min) ★★★★★
10.50 **The Nun** Horror with Demián Bichir. (2018, 15, 96min) ★★★★★
12.35 PM **The Franchise** Horror. (1996, 15, 110min) ★★
2.30 **Resident Evil: Extinction** Horror sequel. (2007, 15, 90min) ★★
4.10 **Ghost in the Shell** Adventure. (2017, 12, 107min) ★★★★★
6.15 **I Am Legend** Sci-fi horror thriller starring Will Smith. (2007, 15, 101min) ★★★★★
8.00 **War of the Worlds** Steven Spielberg's sci-fi adventure thriller starring Tom Cruise. (2005, 12, 116min) ★★★★★
10.00 **Videodrome** Thriller starring James Woods as a TV producer who uncovers a conspiracy. (1982, 18, 88min) ★★★★★
11.30 **Resident Evil: Degeneration** Animated zombie horror thriller. (2008, 15, 97min) ★★
1.15 AM **Repo Men** Cult sci-fi thriller starring Emilio Estevez. (1984, 18, 92min) ★★★★★
2.55 **Repo Men** Sci-fi thriller starring Jude Law. (2009, 18, 111min) ★
5.00 to 6.35 AM **If You Were the Last Romantic** Comedy. (2023, 15, 92min) ★★★★★

Sky Cinema Harry Potter
306 406 506 520

- 6.05** AM **Fantastic Beasts and Where to Find Them** (2016) **★★★★**
- 8.20** **Fantastic Beasts: Crimes of Grindelwald** (2018) **★★★★**
- 10.40** **Fantastic Beasts: Secrets of Dumbledore** (2022, 12) **★★**
- 1.05** PM **Harry Potter and the Philosopher's Stone** Fantasy. (2001, PG, 152min) **★★★★**
- 3.40** **Harry Potter and the Chamber of Secrets** (2002)
- 6.25** **Harry Potter and the Prisoner of Azkaban** (2004) **★★★★★**


3.40 ...the Chamber of Secrets

- 8.50** **Harry Potter and the Goblet of Fire** Fantasy adventure starring Daniel Radcliffe. Harry Potter faces new trials in his fourth year at Hogwarts, including the dangers of competing in a magical contest and the torment of asking a girl out on a date. (2005, 12, 157min) **★★★**
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.30** **Harry Potter and the Order of the Phoenix** Fantasy starring Daniel Radcliffe, Emma Watson and Rupert Grint. (2007, 12, 132min) **★★★★**
- 1.50** AM **Harry Potter and the Half-Blood Prince** Fantasy starring Daniel Radcliffe. (2009, 12, 153min) **★★★★★**
- 4.30** to **7.05** AM **Harry Potter and the Deathly Hallows: Part I** Fantasy with Daniel Radcliffe. (2010, 12, 146min) **★★★★★**

Sky Cinema Awards Season
302 402 502 516

- 6.00** AM **Chinatown** As 3.10am.
- 8.15** **Frost/Nixon** Drama with Frank Langella and Michael Sheen. (2008, 15, 122min) **★★★★**
- 10.20** **Being John Malkovich** (1999)
- 12.15** PM **Dungeons & Dragons: Honour Among Thieves** (2023) **★★★★**
- 2.30** **The Hobbit: An Unexpected Journey** Fantasy starring Martin Freeman and Ian McKellen. (2012, 12, 165min) **★★★**
- 5.20** **The Hobbit: The Desolation of Smaug** Epic fantasy adventure starring Martin Freeman. (2013, 12, 161min) **★★★★**
- 8.00** **The Hobbit: The Battle of the Five Armies** Fantasy adventure starring Martin Freeman. (2014, 12, 144min) **★★★**
- 10.30** **Dungeons & Dragons: Honour Among Thieves** Adventure starring Chris Pine. A thief and a band of unlikely adventurers embark on an epic quest. (2023, 12, 134min) **★★★★★**
- 1.00** AM **Being John Malkovich** Comedy starring John Cusack. (1999, 15, 112min) **★★★★★**
- 3.10** **Chinatown** Roman Polanski's thriller starring Jack Nicholson. (1974, 15, 131min) **★★★★★**
- 5.35** to **6.35** AM **Sky Cinema Preview**

Sky Cinema Action
307 407 507 521

- 7.55** AM **Salt** As shown at 4.10pm.
- 9.40** **American Sniper** Biopic. (2014, 15, 127min) **★★★★**
- 11.55** **Transformers: Rise of the Beasts** As shown at 8.00pm.
- 2.05** PM **Bad Boys: Ride or Die** Action comedy sequel. (2024, 15, 115min) **★★★**
- 4.10** **Salt** Espionage action thriller. (2010, 12, 99min) **★★★**
- 5.55** **Meg 2: The Trench** Thriller sequel with Jason Statham. (2023, 12, 115min) **★★★**


5.55 Meg 2: The Trench

- 8.00** **Transformers: Rise of the Beasts** Fantasy prequel starring Anthony Ramos. Robot creatures the Maximals fight alongside the Autobots to thwart a deadly faction of the Decepticons. With Dominique Fishback. (2022, 12, 127min) **★★★**
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.10** **Snow White and the Huntsman** Fantasy adventure starring Kristen Stewart. Princess Snow White strives to overcome her evil stepmother with the aid of a huntsman and a group of dwarfs. (2012, 12, 127min) **★★★**
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.25** AM **Bloodshot** Sci-fi thriller. (2020, 12, 109min) **★★**
- 2.20** **Shooter** Action thriller. (2007, 15, 125min) **★★★★**
- 4.30** to **6.20** AM **Pompeii** Roman-era disaster movie. (2014, 12, 104min) **★★**

Sky Cinema Greats
304 404 504 518

- 6.00** AM **Fast Times at Ridgemont High** As shown at 3.15am.
- 7.45** **The Big Chill** As 1.25am.
- 9.45** **The Money Pit** As 4.50am.
- 11.30** **The Naked Gun** Spoof police thriller starring Leslie Nielsen. (1988, 15, 85min) **★★★★**
- 1.05** PM **The Naked Gun 2½: The Smell of Fear** Spoof police thriller sequel starring Leslie Nielsen. (1991, 15, 81min) **★★★**
- 2.40** **The Naked Gun 3½: The Final Insult** Spoof police thriller sequel. (1994, 12, 83min) **★★★★**
- 4.15** **Twins** As shown at 11.35pm.
- 6.10** **Beverly Hills Cop** Comedy. (1984, 15, 105min) **★★★★**
- 8.00** **Beverly Hills Cop II** Comedy sequel starring Eddie Murphy. (1987, 15, 99min) **★★★**
- 9.50** **Beverly Hills Cop 3** Comedy sequel starring Eddie Murphy. (1994, 15, 104min) **★★**
- 11.35** **Twins** Action comedy. (1988, PG, 107min) **★★★★**
- 1.25** AM **The Big Chill** Comedy drama starring Tom Berenger. (1983, 15, 115min) **★★★★**
- 3.15** **Fast Times at Ridgemont High** Comedy starring Sean Penn. (1982, 18, 90min) **★★★★★**
- 4.50** to **6.25** AM **The Money Pit** Comedy. (1985, 15, 91min) **★★★**

Sky Cinema Comedy
308 408 508 522

- 7.15** AM **Just Like Heaven** Fantasy. (2005, PG, 95min) **★★★★**
- 9.05** **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) **★★**
- 11.15** **Hope Springs** Comedy drama. (2012, 12, 98min) **★★★**
- 1.10** PM **Beau Is Afraid** Horror. (2023, 15, 179min) **★★★★**
- 4.20** **Bowfinger** Comedy. (1999, 12, 97min) **★★★★**
- 6.10** **Big Daddy** Comedy drama. (1999, 12, 95min) **★★★**


8.00 Superbad

- 8.00** **Superbad** Teen comedy starring Jonah Hill and Michael Cera. Two high-school friends embark on a quest to buy booze and lose their virginity. With Christopher Mintz-Plasse, Bill Hader, and Seth Rogen. (2007, 15, 113min) **★★★★**
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00** **The Back-Up Plan** Romantic comedy with Jennifer Lopez and Alex O'Loughlin. A broody single career woman meets her Mr Right having just been artificially impregnated with twins. (2010, 12, 100min) **★★**
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.50** **Downsizing** Sci-fi comedy. (2017, 15, 135min) **★★★★**
- 2.10** AM **The Accidental Husband** Comedy. (2008, 12, 86min) **★**
- 3.45** **The Brits Are Coming** Crime caper. (2018, 15, 90min) **★**
- 5.25** to **7.20** AM **Uproar** Drama. (2023, 12, 110min) **★★★**

Sky Cinema Animation
305 412 500 514

- 6.15** AM **The Road to El Dorado**
- 7.45** **Minions** Animated comedy. (2015, U, 91min) **★★★★**
- 9.20** **The Garfield Movie** As 2.15pm.
- 11.05** **Trolls** Animated family musical. (2016, U, 92min) **★★★**
- 12.40** PM **The Super Mario Bros Movie** Animated adventure. (2023, PG, 92min) **★★★**
- 2.15** **The Garfield Movie** Animation. (2023, U, 101min) **★★★**
- 4.00** **Over the Hedge** Animation. (2006, U, 83min) **★★★★**
- 5.30** **Gnomeo & Juliet** Animated comedy. (2011, U, 83min) **★★★★**
- 7.05** **Hotel Transylvania** Animated comedy. (2012, U, 91min) **★★★★**
- 8.40** **The Road to El Dorado** Animated comedy adventure. (2000, U, 89min) **★★★**
- 10.15** **Tom and Jerry Cowboy Up!** Animated family adventure. (2021, U, 71min) **★★★**
- 11.40** **The Inseparables** Animation. (2023, U, 90min) **★★★**
- 1.15** AM **Under the Boardwalk** Animated musical comedy. (2023, PG, 83min) **★★★★**
- 3.00** **Wonder Woman** Animation. (2009, PG, 74min) **★★★**
- 4.25** to **6.00** AM **The Canterville Ghost** Animated adventure. (2023, PG, 89min) **★★★**

Sky Cinema Thriller
309 409 509 523

- 6.35** AM **The Cinema List: Payback**
- 6.55** **Parallel** As 12.50am.
- 8.30** **Constantine** Horror thriller. (2005, 15, 121min) **★★★**
- 10.40** **Captain Phillips** Fact-based thriller starring Tom Hanks. (2013, 12, 129min) **★★★★★**
- 12.55** PM **Public Enemies** Biopic. (2009, 15, 140min) **★★★★**
- 3.20** **The Sum of All Fears** Thriller. (2002, 12, 119min) **★★★★**
- 5.30** **The Da Vinci Code** Thriller. (2006, 12, 149min) **★★★**


10.25 Child 44

- 8.00** **Now You See Me 2** Crime thriller sequel starring Jesse Eisenberg and Mark Ruffalo. A gang of magicians-turned-criminals reunite to expose the activities of a ruthless businessman. With Daniel Radcliffe and Morgan Freeman. (2016, 12, 124min) **★★★**
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.25** **Child 44** Thriller starring Tom Hardy and Gary Oldman. A secret police agent in 1950s Russia hunts for a serial child murderer in the face of an official cover-up. (2015, 15, 134min) **★★★**
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.50** AM **Parallel** Fantasy thriller starring Danielle Deadwyler. (2024, 15, 88min) **★★★★**
- 2.25** **Blackhat** Crime drama. (2015, 15, 128min) **★★★★**
- 4.45** to **6.40** AM **Caddo Lake** Thriller. (2024, 12, 99min) **★★★**

Movies 24
312 419

- 7.00** AM **Fashionably in Love** Comedy. (2023, PG, 87min) **★★**
- 9.00** **Planning on Forever** Romantic comedy. (2022, PG, 89min) **★★**
- 11.00** **The Magic of Lemon Drops** Fantasy with Lyndsy Fonseca. (2024, PG, 84min) **★★**
- 1.00** PM **The Boxer and the Butterfly** Drama starring Katrina Norman and Brock Yurich. (2023, PG, 90min) **★★★**
- 3.00** **PREMIERE Heartstrings** Attached Romantic drama with Morgan Bradley and Chris Connell. (2024, PG, 90min) **★★★**
- 5.00** **Love Hacks** Romantic drama. (2022, PG, 90min) **★★**
- 7.00** **A Paris Proposal** Romantic comedy with Alexa PenaVega. (2023, PG, 84min) **★★**
- 9.00** **Inspiring Love** Romantic drama starring Donna Benedicto. (2023, PG, 85min) **★★★**
- 11.00** **Love in Whitbrooke** Romantic drama. (2021, PG, 88min) **★★**
- 1.00** AM **A Very Venice Romance** Romantic comedy drama. (2023, PG, 84min) **★★**
- 3.00** to **5.00** AM **Stepping into Love** Drama starring Jenna Michno. (2023, PG, 82min) **★★**

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Film4
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- **Films start at 11.00am**
- 11.00** AM **Little Women** Screen version of Louisa May Alcott's tale. (1994, U, 114min) **★★★**
- 1.25** PM **Rango** Animated Western. (2011, PG, 103min) **★★★★**
- 3.45** **Transformers** Sci-fi adventure. (2007, 12, 144min) **★★★★**
- 6.35** **Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's action adventure starring Harrison Ford. (2008, 12, 122min) **★★★**


3.45 Transformers

- Indiana Jones and the Kingdom of the Crystal Skull** (film started at 6.35pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00** **Independence Day** Sci-fi adventure starring Will Smith, Bill Pullman and Jeff Goldblum. The US president, a computer genius and a fighter pilot lead the fight against an alien invasion. (1996, 12, 145min) **★★★★**
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.50** PM to **2.50** AM **Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith. Miami cops Mike Lowrey and Marcus Burnett discover that a Cuban drug lord is behind a plot to flood the city with designer ecstasy. With Gabrielle Union, Joe Pantoliano and Jordi Mollà. (2003, 15, 147min) **★★★**

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Talking Pictures
328 445 82 306

- 6.00** AM **Lost Lagoon** Drama with Leila Barry. (1957, U, 79min) **★★**
- 7.35** **Strange Invaders** Sci-fi comedy. (1983, 12, 89min) **★★**
- 9.25** **Journey to the Center of the Earth** Fantasy adventure. (1989, PG, 76min) **★**
- 11.05** **The Beverly Hillbillies** (S1)
- 11.40** **Look at Life** Documentary.
- 11.55** **The Naked Hills** Western. (1956, U, 85min) **★★**
- 1.25** PM **Batman 4/60**. (S2)
- 2.00** **Commandos Strike at Dawn** Wartime drama with Paul Muni. (1943, b/w, U, 101min) **★★**
- 4.00** **The Adventures of Robin Hood**
- 4.30** **Out of Town** Documentary.
- 5.00** **The Footage Detectives**
- 6.00** **Notorious** Hitchcock suspense thriller starring Cary Grant. (1946, b/w, U, 101min) **★★★★★**
- 8.00** **Gideon's Way** 7/26. (S1)
- 9.05** **The Wheelchairs and Shunters Social Club** 5/7. (S2)
- 9.55** **Budgie** 1/13. (S1)
- 10.55** **Into the Blue** Mystery thriller.
- 1.05** AM **The Heritage Chart Show**
- 2.10** **Charade** Romantic comedy thriller starring Cary Grant. (1963, PG, 114min) **★★★★★**
- 4.30** **Beautiful Dreamer** Short film.
- 4.55** **The Texan** 15/37. (S1)
- 5.30** to **6.00** AM **The Larkins**

Sky Sports Main Event

- 401 511 501 419 439**
- 6.30 AM Sky Sports News**
- 7.00 LIVE WTA Tennis** Coverage of the opening day of the WTA Dubai Tennis Championships, a hard-court tournament staged at Aviation Club Tennis Centre.
- 11.00 LIVE SPFL Hearts v Rangers.** Coverage of the Scottish Premiership match from Tynecastle. Kick-off is at 12.00noon.
- 2.00 PM LIVE Super Sunday** **Liverpool v Wolverhampton Wanderers.** Coverage of the Premier League match at Anfield, as Arne Slot's side welcome the relegation-threatened Midlands club. The reverse fixture in September saw Mohamed Salah's second-half penalty secure Liverpool a 2-1 victory. Kick-off is at 2.00pm.
- 4.00 LIVE Super Sunday** **Tottenham Hotspur v Manchester United.** Coverage of the Premier League match staged at the Tottenham Hotspur Stadium. Kick-off is at 4.30pm.
- 7.30 LIVE PGA Tour Golf** Coverage of the fourth and final day of the Genesis Invitational from Torrey Pines Golf Course in San Diego.
- 11.30 PM to 6.00 AM Sky Sports News**

Sky Sports Premier League

- 402 512 502 420 440**
- 6.00 AM Premier League Highlights**
- 10.00 Super Sunday Matchday**
- 12.00 NOON Sports Sunday**
- 1.00 PM LIVE Super Sunday** **Liverpool v Wolverhampton Wanderers.** Coverage of the Premier League match staged at Anfield. Kick-off is at 2.00pm.
- 4.00 LIVE Super Sunday** **Tottenham Hotspur v Manchester United.** Coverage of the Premier League clash from the Tottenham Hotspur Stadium. The hosts have won both meetings so far this season between the two sides, including an impressive 3-0 win at Old Trafford in the reverse fixture. Kick-off is at 4.30pm.
- 7.30 LIVE WSL Manchester City v Liverpool.** Coverage of the Women's Super League match at Joie Stadium. Kick-off 6.45pm.
- 9.30 SNF Action** from Crystal Palace v Everton at Selhurst Park.
- 10.00 Premier League Highlights**
- 11.00 Premier League Highlights**
- 3.00 AM PL Greatest Games**
- 4.00 Best PL Goals 2017/18**
- 5.00 Premier League Best Goals**
- 5.30 to 6.00 AM Premier League 100 Club**

Sky Sports Football

- 403 513 503 421 441**
- 6.00 AM EFL Highlights**
- 11.00 LIVE SPFL Hearts v Rangers.** Coverage of the Scottish Premiership match staged at Tynecastle. Kick-off 12.00noon.
- 2.30 PM LIVE Bundesliga** **Werder Bremen v TSG 1899 Hoffenheim.** Coverage of the German top-flight match from Wesserstadium. Kick-off 2.30pm.
- 4.30 LIVE Bundesliga Eintracht Frankfurt v Holstein Kiel.** Coverage of the German top-flight match from Deutsche Bank Park. Kick-off 4.30pm.
- 6.30 LIVE WSL Manchester City v Liverpool.** Coverage of the game at Joie Stadium. The hosts took all three points in the reverse fixture, as they came from behind to win 2-1 thanks to two goals from Khadija Shaw. Kick-off 6.45pm.
- 9.30 The Unstoppable Rise of Women's Sport**
- 10.45 SPFL Hearts v Rangers.**
- 11.00 EFL Highlights** Championship.
- 11.30 WSL Manchester City v Liverpool.**
- 12.00 M'T Championship Retro**
- 2.30 AM EFL Greatest Games**
- 4.00 EFL Cup Retro** The 2015 final.
- 5.00 to 6.00 AM EFL Highlights**

Sky Sports Cricket

- 404 514 504 422 442**
- 6.00 AM WPL** Recent T20 action.
- 7.00 ICC Men's T20 World Cup**
- 8.00 ICC Champions Trophy Cricket**
- 10.00 ICC Men's T20 World Cup**
- 11.00 WPL** Recent T20 highlights.
- 12.00 NOON IPL** Royal Challengers Bengaluru v Punjab Kings.
- 12.55 PM WPL** Recent T20 highlights.
- 1.50 LIVE WPL Gujarat Giants v UP Warriorz.** Coverage of the women's T20 match staged at Kotambi Stadium, as both teams play their first game of the season. These two sides struggled in this tournament last year, finishing fourth and fifth out of five teams in the table, and will be looking to get off to a good start in this game.
- 5.30 ICC Women's World Cup 2013**
- 6.00 ICC Champions Trophy Cricket**
- 7.00 ICC Men's T20 World Cup** Highlights from India v England.
- 8.00 WPL** Gujarat Giants v UP Warriorz.
- 9.00 History of the ICC Champions Trophy** Archive highlights.
- 10.00 WPL** Gujarat Giants v UP Warriorz.
- 11.00 ICC Champions Trophy Cricket**
- 12.00 M'T ICC Men's T20 World Cup**
- 1.00 AM WPL** A match replay.
- 4.40 Ashes Greats** Player profiles.
- 5.00 to 6.00 AM IPL**

Sky Sports Golf

- 405 515 505 423 443**
- 6.00 AM PGA Tour Golf**
- 12.00 NOON PGA Tour Champions**
- 1.00 PM Golf's Greatest Holes**
- 1.30 PGA Tour Champions Learning** Centre Golf tips and life lessons.
- 2.00 Tour Golf Highlights**
- 2.30 LIVE PGA Tour Golf** Coverage of the fourth and final day of the Genesis Invitational from Torrey Pines Golf Course in San Diego.
- 6.00 LIVE PGA Tour Golf** Further coverage of the fourth and final day of the Genesis Invitational.
- 11.30 Golf's Greatest Holes**
- 12.00 M'T Uncommon: Building a Boston Sports Team**
- 12.30 AM PGA Tour Champions**
- 1.30 Golf Academy** Expert tips.
- 2.30 PGA Tour Golf** Genesis Open.
- 3.30 Ladies European Tour Golf**
- 4.30 Nick Dougherty's Tee Time Tips**
- 5.00 to 6.00 AM Playing Lessons**

TNT Sports 1

- 410 870 527 408 430**
- 6.00 AM TNT Sports Reload**
- 6.15 LIVE World Rally Championship Rally Sweden.**
- 7.30 The Jake Dixon Diaries**
- 8.30 TNT Sports Cricket Reload**
- 8.45 LIVE World Rally Championship Rally Sweden.**
- 10.00 Fight Night** Beterbiev v Bivol.
- 11.00 LIVE World Rally Championship Rally Sweden.**
- 12.30 PM Premiership Rugby Cup**
- 1.30 Premiership Women's Rugby**
- 2.30 Superbike World Championship** Season preview.
- 3.30 Formula E Highlights**
- 5.30 Isuzu UTE A-League**
- 6.30 Serie A** AC Milan v Hellas Verona.
- 7.30 LIVE Serie A** Juventus v Inter Milan. The top-flight match at Allianz Stadium. Kick-off 7.45pm.
- 9.45 UEFA Europa League & Conference League Magazine**
- 10.45 Peter Crouch Meets**
- 11.00 NBA Tip-Off** A match preview.
- 1.00 AM LIVE NBA** Coverage of the NBA All-Star Game staged at Chase Centre. Tip-off 1.00am.
- 4.00 NBA on Fire** The latest news.
- 4.30 NBA Originals** Archive action.
- 5.30 to 6.00 AM World Rally Championship**

TNT Sports 2

- 411 871 528 409 431**
- 6.00 AM Serie A** Highlights of AC Milan v Hellas Verona from San Siro.
- 7.00 LIVE A-League Women** **Brisbane Roar v Western United.** Coverage of the match staged at Perry Park in Bowen Hills, Brisbane. Kick-off 7.00am.
- 9.00 LIVE A-League Women** **Perth Glory v Wellington Phoenix.** Coverage of the match staged at Sam Kerr Football Centre in Perth. Kick-off 9.00am.
- 11.00 Premier League** A chance to see Leicester City v Arsenal.
- 12.30 PM Premier League Stories** Nani tells the story of how he found success at Manchester Utd.
- 1.00 The Football's On A** humorous look at the week's football stories with Ian Stone and guests.
- 2.00 TNT Sports Cricket Reload**
- 2.30 T20 Cricket Highlights** Action from India v England.
- 6.30 One Day International Cricket** Action from the three-match series between India and England.
- 9.30 UFC** A chance to see Jared Cannonier v Gregory Rodrigues.
- 12.30 AM UFC Main Event**
- 5.30 to 6.00 AM UEFA Champions League Magazine**

TNT Sports 3

- 417 874 529 410 432**
- 6.00 AM LIVE Isuzu UTE A-League** **Western Sydney Wanderers v Macarthur FC.** Coverage of the Australian top-flight match from CommBank Stadium in Parramatta. Kick-off 6.00am.
- 8.00 UEFA Champions League**
- 3.00 PM UEFA Europa League**
- 5.30 UEFA Conference League** **Moeda v Shamrock Rovers.**
- 6.00 Gent v Real Betis.**
- 6.30 UEFA Champions League Magazine** News and action.
- 7.00 ABB FIA Formula E World Championship Highlights** Action from the Jeddah ePrix races at Jeddah Corniche Circuit.
- 9.00 World Rally Championship**
- 9.30 Isuzu UTE A-League** **Western Sydney Wanderers v Macarthur FC.**
- 10.30 Lomu: The Lost Tapes** Jonah Lomu reveals how he became one of the most iconic rugby players.
- 12.00 M'T Serie A** Juventus v Inter.
- 1.00 AM Isuzu UTE A-League**
- 2.00 UEFA Champions League Highlights** Show Recent action.
- 4.00 UEFA Europa League & Conference League Highlights**
- 5.00 to 6.00 AM One Day International Cricket**

Sky Sports Action

- 408 517 507 426 446**
- 6.00 AM Super League Highlights**
- 6.30 LIVE NRL** **Canterbury-Bankstown Bulldogs v Wests Tigers.** Coverage of the pre-season match at Netstrata Jubilee Stadium. Kick-off is at 6.30am.
- 8.30 LIVE NRL** **St George Illawarra Dragons v Sydney Roosters.** Coverage of the pre-season game from Netstrata Jubilee Stadium in Sydney. Kick-off is at 8.30am.
- 10.30 Super League Highlights**
- 11.00 Fight Night** McCaskill v Price.
- 12.00 NOON NFL Highlights**
- 1.00 PM Super Bowl LV Highlights**
- 3.00 Fight Night** Jonas v Habazin.
- 4.00 Fight Night International**
- 5.00 NFL Highlights** Recent action.
- 6.00 Super League** **Huddersfield Giants v Warrington Wolves.**
- 8.05 World Club Challenge**
- 9.00 Women's Super League**
- 10.00 Super League Highlights**
- 11.00 NFL Highlights** Recent action.
- 12.00 M'T Super Bowl LIX Highlights**
- 1.00 AM Fight Night** Jonas v Habazin.
- 2.00 NFL Bitesize** Recent action.
- 4.00 NFL Bitesize Highlights**
- 4.15 Super Bowl LVIII Bitesize**
- 4.30 NFL Bitesize Highlights**
- 5.00 to 6.00 AM NFL Highlights**

Sky Sports Tennis

- 407 537 520 425 445**
- 6.00 AM WTA Tennis** A recent final.
- 7.00 LIVE WTA Tennis** Coverage of the opening day of the WTA Dubai Tennis Championships.
- 2.30 PM LIVE ATP Tennis** Coverage of the final of the Marseille Open at Palais des Sports de Marseille.
- 4.30 LIVE WTA Tennis** Further coverage of the first day of the WTA Dubai Tennis Championships from Aviation Club Tennis Centre.
- 6.30 ATP Tour This Week**
- 7.00 LIVE ATP Tennis** Coverage of the ATP 250 Buenos Aires Open final staged at Buenos Aires Lawn Tennis Club in Argentina.
- 9.00 LIVE ATP Tennis** Coverage of the Delray Beach Open final at Delray Beach Tennis Centre.
- 10.00 ATP 2024 Best of Jack Draper**
- 10.15 Bitesize Tennis** Highlights.
- 11.00 WTA Tennis** Doha Open final.
- 12.00 M'T to 6.00 AM ATP Tennis**

TNT Sports 4

- 421 876 530 411 434**
- 6.00 AM LIVE A-League Women** **Melbourne Victory v Central Coast Mariners.** Coverage of the match staged at the Home of the Matildas in Bundoora, Melbourne. Kick-off 6.00am.
- 8.00 Premiership Rugby Cup**
- 9.00 Allianz Premiership Women's Rugby** Saracens v Exeter Chiefs.
- 10.00 NBA Classic** Archive action.
- 12.00 NOON NBA All-Star highlights.**
- 4.00 PM NBA on Fire** The latest news.
- 4.30 NBA Originals** Archive action.
- 6.00 NBA Action** from the NBA All-Star Rising Challenge.
- 7.00 The All-Star Saturday Night.**
- 8.30 NBA The All-Star Game.**
- 10.00 Ultimate Pool** Recent action.
- 11.30 World Rally Championship**
- 12.00 M'T One Day International Cricket** Sri Lanka v Australia.
- 1.00 AM SailGP Highlights**
- 2.00 World Seniors Darts Matchplay**
- 4.00 to 6.00 AM World Seniors Darts Masters**

Eurosport 1

- 413 870 521 412 435**
- 6.00 AM Snooker: Welsh Open**
- 7.55 Cyclo-Cross** From Sint-Niklaas.
- 8.55 Cycling: Tour of Murcia**
- 9.50 LIVE Cross-Country Skiing** Coverage from Falun in Sweden.
- 11.05 Snooker: Welsh Open**
- 1.00 PM LIVE Snooker: Welsh Open** Coverage of the afternoon session on day seven at Venue Cymru in Llandudno, featuring the opening session of the final.
- 4.00 SailGP** Round three in Sydney.
- 5.00 Snooker: Welsh Open**
- 6.45 LIVE Snooker: Welsh Open** The evening session on day seven staged at Venue Cymru, featuring the second session of the final.
- 10.00 Snooker: German Masters**
- 12.00 M'T Alpine Skiing**
- 1.00 AM Ski Jumping** In Sapporo.
- 2.00 Alpine Skiing** From Saalbach.
- 4.00 Cycling: Figueira Champions Classic** Action from Portugal.
- 5.00 to 6.00 AM Cycling: Clasica de Almeria**

Eurosport 2

- 414 871 522 413 436**
- 6.00 AM Winter Sport: Kirsty Muir**
- 6.15 Cyclo-Cross** From Sint-Niklaas.
- 7.15 Alpine Skiing** From Saalbach.
- 8.15 LIVE Alpine Skiing** In Saalbach.
- 10.45 LIVE Biathlon** Coverage from Lenzerheide, Switzerland.
- 12.00 NOON LIVE Alpine Skiing** Coverage from Saalbach, Austria.
- 1.55 PM LIVE Biathlon** Further coverage from Lenzerheide.
- 3.05 Charlotte Bankes Sierra Nevada**
- 3.20 Winter Sport: Zoe Atkin**
- 3.30 LIVE Cycling: Figueira Champions Classic** The men's one-day race from Portugal.
- 5.30 Cycling: Clasica de Almeria**
- 6.30 Alpine Skiing** From Saalbach.
- 7.30 Ski Jumping** In Sapporo.
- 8.30 Cycling: Tour of Oman**
- 9.30 Cycling: Figueira Champions Classic** Action from Portugal.
- 10.30 Alpine Skiing** From Saalbach.
- 11.00 Ski Jumping** In Sapporo, Japan.
- 12.00 M'T Cycling Highlights**
- 4.00 to 6.00 AM Alpine Skiing**

Sky Sports+ Sky Sports+

- 412 518 508 427 447**
- 6.00 AM Sky Sports News**
- 7.00 LIVE WTA Tennis** Coverage of the opening day of the WTA Dubai Tennis Championships, a hard-court tournament at Aviation Club Tennis Centre. The top eight seeds receive a bye to the second round of the competition, but those players seeded nine to 16 will hope to avoid an early exit in one of the top events of the tour, as befell the likes of Caroline Garcia, Beatriz Haddad Maia and Daria Kasatkina 12 months ago.
- 6.30 PM Sky Sports News** Round-up of the sports news, with analysis, comment and extended interviews with the headline-makers.
- 8.00 LIVE ATP Tennis** Coverage of the final of the ATP 250 Delray Beach Open, a hard court tournament staged at Delray Beach Tennis Centre in Florida.
- 10.00 PM to 6.00 AM Sky Sports News**

Sky Sports Mix

- 416 873 510 429 449**
- 6.00 AM Super League Highlights**
- 7.30 NFL Highlights** Recent action.
- 8.30 Super League Highlights**
- 9.30 Fight Night International**
- 10.30 Ladies European Tour Golf**
- 2.30 PM LIVE Bundesliga** **Werder Bremen v TSG 1899 Hoffenheim.** The German top-flight match. Kick-off 2.30pm.
- 4.30 LIVE Bundesliga Eintracht Frankfurt v Holstein Kiel.** Coverage of the German top-flight match. Kick-off 4.30pm.
- 6.30 LIVE Bundesliga TSG 1899 Hoffenheim v FSV Mainz 05.** Coverage of the German top-flight match. Kick-off 6.30pm.
- 8.30 Super League Highlights**
- 9.00 WTA Tennis** Qatar Open final.
- 11.00 NFL Highlights** Recent action.
- 12.00 M'T Super Bowl LIX Highlights**
- 1.00 AM Fight Night** Jonas v Habazin.
- 2.00 Fight Night International**
- 3.00 Super League Highlights**
- 4.00 Golf Academy** Expert advice.
- 4.30 Nick Dougherty's Tee Time Tips**
- 5.00 to 6.00 AM Playing Lessons**

Sky Sports F1

- 406 516 506 424 444**
- 6.00 AM The Home of F1**
- 12.00 NOON F1 Classic Races**
- 4.30 PM F1 Classic Races** A replay of the 1998 Hungarian Grand Prix.
- 6.50 Another** chance to see the 2003 Hungarian Grand Prix.
- 9.05 Another** chance to see the 2011 Hungarian Grand Prix.
- 11.35 Simon and Jensen's Vegas Hot Lap** From the Las Vegas circuit.
- 11.45 Ted Drives: F1 Car**
- 12.00 M'T to 6.00 AM The Home of F1**

Documentary



NEW

EastEnders: 40 Years on the Square

BBC1, 8pm

Ross Kemp hosts this documentary as the soap celebrates its 40th anniversary.

Cookery



NEW

Batch from Scratch: Cooking for Less

C4, 8pm

Suzanne Mulholland and Joe Swash share tips on stretching our food budgets.

Travelogue



NEW

Two Men on a Bike

More4, 9pm

Comedians Hugh Dennis and David Baddiel, friends for 40 years, set off on a 200-mile cycling trip across France.

Comedy Drama



NEW

The White Lotus

Sky Atlantic, 9pm

The drama returns for a third season, with a new exotic location (Thailand), new guests, and a holiday no one will forget...

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 EastEnders: 40 Years on the Square	9.00 Virdee	10.00 News; Local News	10.40 Have I...
102 BBC2	7.00 Grand Tours of...	7.30 Mastermind	8.00 Only Connect	8.30 University...	9.00 Gaza: How to Survive a Warzone	10.00 QI
103 ITV1	6.30 News	7.30 Emmerdale	8.00 Coronation Street	9.00 Unforgotten	10.00 News; Local News	10.30 Newsnight
104 CHANNEL 4	7.00 News		8.00 Batch from Scratch: Cooking for Less	9.00 Go Back to Where You Came From	10.00 First Dates	
105 CHANNEL 5	7.00 Police Interceptors		8.00 Traffic Cops	9.00 Murder Suspect No 1		10.30 Casualty 24/7...
106 SKY SHOWCASE	7.00 The Simpsons		8.00 A League of Their Own	9.00 Film: Fast & Furious 5		

ENTERTAINMENT

115 BBC3	7.00 Gladiators	8.00 Top Gear	9.00 Boarders	10.35 Funboys
116 BBC4	7.00 Cleopatra: A Timewatch Guide	8.00 The Man Who Discovered Egypt	9.00 The Latest Secrets of Hieroglyphs	10.00 Timewatch: Akhenaten & Nefertiti...
118 ITV2	7.00 Deal or No Deal	8.00 Gordon Ramsay's Food Stars USA	9.00 Love Island: All Stars: The Final	10.35 Family Guy
136 MORE4	6.55 Car S.O.S.		9.00 Two Men on a Bike	10.00 Guy Martin's Lost WW2 Bomber
135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons	9.00 Celebrity Gogglebox
107 SKY WITNESS	7.00 Nothing to Declare	8.00 FBI: Most Wanted	9.00 Blue Bloods	10.00 Law & Order: Special Victims Unit
108 SKY ATLANTIC	6.50 Billions	7.55 Game of Thrones	9.00 The White Lotus	10.10 Homicide: Life on the Street
110 U&GOLD	6.40 Dad's Army	8.00 The Good Life	8.40 The Vicar of Dibley	9.20 Blackadder the Third
111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games	9.00 QI XL	10.00 The Cleaner
119 ITV3	6.55 Heartbeat	8.00 Midsomer Murders		10.40 Good...
120 ITV4	6.30 Formula E...	7.30 LaLiga - Live: Barcelona v Rayo Vallecano (Kick-off 8.00)		10.00 Will & Ralf Should Know Better
112 COMEDY CENTRAL	7.00 Friends		9.00 Michael McIntyre: Happy & Glorious	10.00 Endeavour
139 SKY SCI-FI	7.00 Warehouse 13	8.00 Stargate SG-1	9.00 Grimm	10.00 Utopia
113 SKY MAX	7.00 Stargate SG-1	8.00 A League of Their Own	9.00 Hacks	10.00 The Walking Dead
109 U&ALIBI	7.00 The Mentalist	8.00 White Collar	9.00 Death in Paradise	10.20 From
130 SKY ARTS	7.00 The Alfred Hitchcock Hour	8.00 André Rieu in Wonderland		10.00 Father Brown
132 U&W	7.00 MasterChef USA	8.00 Pete Wicks: For Dogs' Sake	9.00 At Home with Katherine Ryan	10.30 André Rieu...

DOCUMENTARY

125 DISCOVERY	7.00 Salvage Hunters	8.00 Kindig Customs	9.00 Mega Shippers	10.00 Texas Metal
162 ANIMAL PLANET	7.00 Crikey! It's the Irwins	8.00 Monster Croc Invasion	9.00 Swimming with Monsters	10.00 Alaskan Bush People
129 NAT GEO	7.00 Air Crash Investigation	8.00 UFOs: Investigating the Unknown	9.00 Air Crash Investigation	10.00 Murder in the Skies: Who Downed...
123 SKY HISTORY	7.00 Forged in Fire	8.00 History's Greatest Aircraft	9.00 Mayhem! The Secret Lives of the...	10.00 Secrets in the Ice
155 U&YESTERDAY	7.00 Guy Martin's Lancaster Bomber	8.00 Simon Reeve's South America	9.00 Villages by the Sea	10.00 Bangers & Cash: Restoring Classics
121 SKY DOCS	7.00 Janet Jackson		9.00 Super/Man: The Christopher Reeve Story	

FILMS - Sky Cinema

301 PREMIERE	6.10 The Garfield Movie	8.00 The Line	10.00 A Place Called Silence
302 AWARDS SEASON	5.35 The Day of the Jackal	8.00 The Hobbit: An Unexpected Journey	
303 HITS	5.30 The Da Vinci Code	8.00 Angels & Demons	10.20 Inferno
304 GREATS	6.00 Back to the Future	8.00 Superman	10.25 Star Trek The...
305 ANIMATION	7.15 The Canterville Ghost	8.50 The Amazing Maurice	10.30 Curious George
306 HARRY POTTER	5.05 Harry Potter and the...	7.45 Harry Potter and the Order of the Phoenix	10.05 Harry Potter and the Half-Blood...
307 ACTION	6.00 Godzilla x Kong: The New Empire	8.00 The Fall Guy	10.10 Shooter
308 COMEDY	6.30 Disaster Movie	8.00 Trainwreck	10.10 The Accidental Husband
309 THRILLER	5.35 Now You See Me 2	8.00 In the Line of Fire	10.10 Battle Royale II: Requiem
310 DRAMA	6.00 One Life	8.00 Eternal Sunshine of the Spotless Mind	10.00 Dear John
311 SCI-FI	6.25 Gravity	8.00 A.I. Artificial Intelligence	10.35 Repo Men
313 FILM4	7.05 Jerry & Marge Go Large	9.00 The Black Phone	

SPORT

401 MAIN EVENT	7.00 EFL - Live: Leeds United v Sunderland (Kick-off 8.00)		10.30 TGL - Live
402 PREMIER LEAGUE	7.00 PL Review	8.00 Gary Neville's Soccerbox	9.00 PL Review
403 FOOTBALL	7.00 EFL - Live: Leeds United v Sunderland (Kick-off 8.00)		10.00 PL Icons
404 CRICKET	7.00 ICC Men's T20 World Cup	8.00 WPL	9.00 ICC Champions Trophy Cricket
410 TNT SPORTS 1	6.00 Ultimate Pool - Live: Coverage of Group 7 of the Champions League	9.30 UEFA Magazine	10.00 WRC Review
411 TNT SPORTS 2	7.00 WRC Review	8.00 The Football's On	9.00 Fishing: On the Bank
			10.00 Isuzu UTE A-League



BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM Breakfast (S)
9.30 Morning Live **New edition** (S)
10.45 Critical Incident (S)(R)
11.15 Homes Under the Hammer (S)(R)
12.15 PM Bargain Hunt **New edition** (S)
1.00 BBC News (S)
1.35 Local News (S)
1.45 BBC News (S)
2.00 The Big Idea Works **New edition**
 An idea for a wheelbarrow that can be lowered right to the ground. (S)
2.30 Rick Stein's Food Stories (S)(R)
3.00 Escape to the Country
New edition North Yorkshire. (S)
3.45 Antiques Road Trip **New edition**
 With Danny Sebastian. (S)
4.30 The Repair Shop on the Road
New edition A fruit machine. (S)
5.15 Pointless **New edition** Quiz. (S)
6.00 BBC News (S)
6.30 Local News (S)



4.30 The Repair Shop on the Road

- 7.00** The One Show
 Clara Amfo and Roman Kemp present the topical show. (S)
7.30 EastEnders
 Billy and Honey prepare to tie the knot, Phil makes a decision, and Cindy uses dirty tricks to smoke out her attacker. (S)(AD)

- 8.00** **NEW** EastEnders:
40 Years on the Square
 Ross Kemp returns to the EastEnders set for its 40th anniversary, meeting cast members and exploring the groundbreaking issues that have defined the British soap. (S)(AD)

- 9.00** Virdee
New episode 2/6. A brutal murder inflames tensions between Bradford's rival gangs, and Harry's search for the killer leads him to the victim's ex-boyfriend. (S1) (S)(AD)
 ■ Entire series on BBC iPlayer

- 10.00** BBC News (S)
10.30 Local News (S)
10.40 Have I Got News for You
 Richard Ayoade hosts the satirical current affairs quiz, with guests Jamie MacDonald and Steph McGovern. (S)(R)

- 11.10** DIY SOS: EastEnders Special
 The cast of the soap help transform a building for use by a mental health charity. (S)(R)(AD)
12.10 AM Who Do You Think You Are?
 Actor Barbara Windsor traces her family tree. (S)(R)(AD)
1.10 The Traitors US 5/12. With their trust shaken, the Traitors must decide how to move forward. (S)(R)
2.10 Weather for the Week Ahead
 Seven-day forecast. (S)
2.15 to **6.00** AM BBC News (S)

BBC2

- 102** **102** **2** **102** **102**
- 6.15** AM The Repair Shop on the Road
 A historic carriage. (S)(R)(AD)
7.00 Sign Zone: The Repair Shop (S)(R)
8.00 Match of the Day 2 (S)(R)
9.00 BBC News (S)
1.00 PM Impossible Quiz show. (S)(R)
1.45 Bridge of Lies Game show. (S)(R)
2.30 The Tournament Quiz. (S)(R)
3.15 Dynasties (S)(R)(AD)
4.15 Earth's Greatest Spectacles
 Botswana's Okavango Delta. (S)(R)
5.15 Flog It! From Ushaw. (S)(R)
6.00 Richard Osman's House of Games **New edition** With Chris Bisson, Danielle Harold, Katharine Merry and Robert Webb. (S)
6.30 Robson Green's Weekend Escapes **New edition** 6/15. Rosie Jones and Robson go paddling in Filey, North Yorkshire. (S)(AD)
 ■ Entire series on BBC iPlayer



9.00 Gaza: How to Survive a Warzone

- 7.00** Grand Tours of Scotland's Rivers
New edition 5/6. Paul Murton explores the River Teviot. (S)
7.30 Mastermind
New edition Specialist subjects include George Washington and I'm Sorry I Haven't a Clue. (S)

- 8.00** Only Connect
New edition The Tea Totallers take on the Crunchers. (S)
8.30 University Challenge
New edition Amol Rajan asks the questions in the second quarter-final. (S)

- 9.00** **NEW** Gaza:
How to Survive a Warzone
 The experiences of four young people trying to survive the Israel-Hamas war as they hope for a ceasefire, shedding light on life inside Gaza's humanitarian 'safe zone'. (S)(AD)

- 10.00** QI
Series finale 16/16. A further selection of the best moments from the 'V' series. (S)
10.30 Newsnight (S)

- 11.00** Weather (S)
11.05 Escaping Utopia **New edition** 2/3.
 Journalist Melanie Reid recounts her experience of going undercover inside Gloriavale in the 1990s. (S)
12.05 AM Sign Zone: Countryfile (S)(R)
1.00 Sign Zone: The Balkans: Europe's Forgotten Frontier 2/2. Katya Adler travels to Romania. (S)(R)(AD)
2.00 Sign Zone: Waterloo Road 1/8.
 The new headteacher cracks down on the rules. (S15) (S)(R)(AD)
3.00 to **6.30** AM Previews (S)

ITV1

- 103** **103** **803** **103** **3** **103** **103** **103**
- 6.00** AM Good Morning Britain (S)
9.00 Lorraine (S)
10.00 This Morning (S)
12.30 PM Loose Women Topical debate from a female perspective. (S)
1.30 ITV News (S)
1.55 Local News (S)
2.00 Dickinson's Real Deal David Dickinson and the team head to Aintree Racecourse, where an unusual ecclesiastical hanging church lamp turns out to be a car boot sale bargain. (S)(R)(AD)
3.00 Lingo **New edition** Word-based game show hosted by Adil Ray. (S)
4.00 Tipping Point Game show hosted by Ben Shephard. (S)(R)
5.00 The Chase **New edition** Quiz show hosted by Bradley Walsh. (S)
6.00 Local News (S)
6.30 ITV News (S)



9.00 Unforgotten

- 7.30** Emmerdale
 An angry Caleb swerves his limousine, Charity swings her vehicle to avoid Noah in the road, and there is icy peril for one of the limos. (S)(AD)

- 8.00** Coronation Street
 Carla faces danger when Rob calls Mandy for help, Gemma and Chesney's new neighbours make their presence felt, while Nick breaks bad news to David. (S)(AD)

- 9.00** Unforgotten
New episode 4/6. With the details of Gerry Cooper's life becoming clearer and one suspect already being questioned, the Bishop Street team find suspects further afield. (S6) (S)(AD)

- 10.00** ITV News (S)
10.30 Local News (S)
10.45 The Real Stonehouse
 A companion documentary to the drama Stonehouse looking at the life of disgraced Labour minister John Stonehouse. (S)(R)(AD)

- 11.40** Heathrow: Britain's Busiest Airport 3/12. The discovery of a new variant of COVID-19 causes chaos in Heathrow. (S)(R)(AD)
12.05 AM Teleshopping
3.00 Glitter: The Popstar Paedophile Investigating the global crimes of Gary Glitter and the failures to bring him to justice. (S)(SL)(R)(AD)
4.15 Unwind with ITV (S)
5.30 to **6.00** AM For the Love of Dogs with Alison Hammond (S)(SL)(R)

+1 hour **203** **303** **35** **112**

CHANNEL 4

- 104** **104** **108** **804** **108** **4** **104** **104** **106**
- 6.25** AM Cheers 15-17/22. (S1) (S)(R)
7.45 Everybody Loves Raymond (S)(R)
9.10 Frasier (S7) (S)(R)(AD)
11.10 Ramsay's Kitchen Nightmares USA From Los Angeles. (S)(R)
12.05 PM News (S)
12.10 Sun, Sea and Selling Houses (R)
2.10 Countdown **New edition** (S)
3.00 A Place in the Sun (S)(R)
4.00 A New Life in the Sun **New edition**
 Paul and Fiona try to finish off their lengthy renovations. (S)
5.00 Four in a Bed **New edition** This week's competition kicks off at Blackfriars in Inverness. (S)
5.30 Come Dine with Me **New edition**
 Foster carer Shaun hosts night one from in and around Leeds. (S)
6.00 A Place in the Sun **New edition**
 Craig Rowe helps a couple to find a holiday home on Mallorca. (S)



9.00 Go Back to Where You Came...

- 7.00** News (S)

- 8.00** **NEW SERIES** Batch from Scratch: Cooking for Less 1/6. A guide to batch cooking, with Suzanne Mulholland and Joe Swash helping people in need of advice to stretch their food budgets, starting with a family in Hull. (S)(AD)

- 9.00** Go Back to Where You Came From
New edition 3/4. The Brits meet a people smuggler, then face the terror of a sea crossing from Lebanon to Italy. In Milan, they learn why refugees leave supposedly safe countries. (S)

- 10.00** First Dates
New edition A 19-year-old man goes on the first date of his life, making a series of disastrous blunders, while a 61-year-old optimist hopes that the love of her life is out there somewhere. (S)

- 11.05** Gogglebox Critiques of Anton & Giovanni's Adventures in Spain and Chicken Nugget. (S)(R)(AD)
12.10 AM FILM The Quiet Girl Irish drama with Catherine Clinch. Partly subtitled. (2022, 12, 95min) ★★★★★
1.45 Ramsay's Kitchen Nightmares USA An Irish pub. (S)(SL)(R)
2.35 Hollyoaks Omnibus (S)(SL)(R)
3.40 Location, Location, Location (S)(R)
4.30 Frasier 15-17/24. (S3) (S)(R)
5.45 to **6.25** AM Countdown (S)(R)

+1 hour **204/208** **304** **15** **121**

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.35 AM Milkshake!**
9.15 Jeremy Vine (S)
11.30 Storm Huntley (S)
12.45 PM GPs: Behind Closed Doors
 Medical documentary. (S)(R)
1.40 News (S)
1.45 Home and Away (S)(R)(AD)
2.15 FILM Stolen by My Mother
 Fact-based drama starring Niecy Nash. (2020, PG, 105min) ★★
4.00 Bargain-Loving Brits in the Sun Best friends Bambi and Johnny head to Benidorm's annual Pride Party. (S)(R)(AD)
5.00 News (S)
6.00 Our Great Yorkshire Life Two *Emmerdale* stars Dean Andrews and Liam Fox investigate how Wensleydale cheese is made. (S)(R)
6.55 News (S)



8.00 Traffic Cops

- 7.00 Police Interceptors**
New edition Officers respond to an urgent call when a PCSO is attacked with a hammer. (S)
7.55 News (S)

- 8.00 Traffic Cops**
New edition Derbyshire officers embark on the high-speed pursuit of a suspected cloned van thought to be carrying goods stolen from the back of a lorry. (S)
9.00 Murder: Suspect No 1
New edition A man is beaten in his own home in Hull and later dies in hospital. The police suspect the woman who called the ambulance and must prove whether she is killer or witness. (S)
 ■ Continues tomorrow

- 10.30 Casualty 24/7: Every Second Counts**
 Paramedics rush in a critically-ill baby, local cricketing legend Dickie Bird arrives for an appointment, and a woman's beauty treatment goes wrong. (S)(R)

- 11.30 999: Critical Condition (S)(R)**
12.30 AM Traffic Cops (S)(R)
1.20 PlayOJO Live Casino Show (S)
3.20 Britain's Great Cathedrals with Tony Robinson (S)(R)
4.10 Dogs Behaving (Very) Badly
 The trainer meets 60-kilo mountain dog Oakley. (S)(R)
5.00 Wildlife SOS (S)(SL)(R)
5.30 to 5.40 AM
 Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM Sky News Breakfast**
8.00 Border Patrol (S)(R)(AD)
9.00 Stargate SG-1 (S1) (S)(R)
11.00 Wildlife ER (S)(R)
12.00 NOON The Flash (S7) (S)(R)
1.00 PM S.W.A.T. (S6) (S)(R)(AD)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 Magnum P.I. (S5) (S)(R)(AD)
5.00 The Simpsons One Angry Lisa:
 Lisa gets called up for jury duty, while Marge becomes obsessed with her exercise bike. (S)(R)
5.30 Habeus Tortoise: Homer tries to solve a mystery. (S)(R)
6.00 The Office (US) 1/24. Robert California becomes Dunder Mifflin Sabre's CEO. (S)(R)
6.30 2/24. Andy creates an incentive programme when Robert challenges the staff to double their sales. (S8) (S)(R)



9.00 Fast & Furious 5

- 7.00 The Simpsons**
Lisa the Boy Scout: Lisa joins scouting group the Boy Explorers when it is opened to girls for the first time. (S)(R)
7.30 The King of Nice: Marge lands a job on Krusty's new talk show. (S)(R)

- 8.00 A League of Their Own**
 6/8. Romesh Ranganathan hosts as England and Newcastle winger Anthony Gordon joins regulars Jamie Redknapp, Jill Scott and Micah Richards, alongside Big Zuu and Maisie Adam. (S)(R)

- 9.00 FILM Fast & Furious 5**
 Action thriller sequel starring Vin Diesel, Paul Walker, Jordana Brewster and Dwayne Johnson. A trio of car thieves assemble a crack team to steal a Rio de Janeiro drug lord's money. With Tyrese Gibson and Chris 'Ludacris' Bridges. (2011, 12, 130min) ★★★
 SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

- 11.20 Last Week Tonight with John Oliver** Satirical talk show. (R)
12.05 AM Tom Davis: Underdog (S)(R)
1.20 Veep 5/10. Ben and Kent must deal with a crisis. (S)(R)(AD)
1.55 6/10. The US faces financial meltdown. (S5) (S)(R)(AD)
2.30 Road Wars (S)(R)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 Magnum P.I. (S5) (S)(R)(AD)
5.00 to 6.00 AM Motorway Patrol

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
 Sky 964, Virgin 862, Freesat 964
12.10am Scotcast (S)(R)
12.40 Who Do You Think You Are? (S)(R)(AD) **1.40**
 The Traitors US (S)(R) **2.40**
 Weather for the Week Ahead (S) **2.45-6.00am**
 BBC News (S)

N. IRELAND
 Sky 966, Virgin 863, Freesat 966
11.10pm Funboys New episode (S) **11.35 DIY**
 SOS: EastEnders Special (S)(R)(AD) **12.35-1.10am**
 Extraordinary Portraits with Bill Bailey (S)(R)

WALES
 Sky 965, Virgin 864, Freesat 965
10.40-11.10pm Scrum V Highlights (S)

BBC2

N. IRELAND
 Sky 969, Freesat 969
10.00-10.30pm
 Giorraionn Beirt Bóthar **Series finale (S)**

WALES
 Sky 968, Freesat 968
7.00-7.30pm Wynne & Joanna: All at Sea (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon**
 Newyddion a'r Tywydd
12.05pm Cymry ar Gynfas **12.30** Heno **1.00**
 Hen Dy Newydd (AD)
2.00 Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Cyfrinachau'r Llyfrgell **4.00** Awr Fawr **5.00** Stwnsh **6.00** Bois y Pizza: Chwe' Gwlad (AD) **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno **New edition** **7.30** Newyddion a'r Tywydd **8.00** Y Byd ar Bedwar **New edition** **8.25** Cegin Bryn: Yn Ffrainc **8.55** Newyddion a'r Tywydd **9.00** Ffermio **New edition** **9.30** Rallio: Pencampwriaeth Rali'r Byd 2025 **10.00** Sgorio **10.30-11.35pm** Troseddau Cymru Gyda Sian Lloyd (AD)

TV&Satellite
 week
New issue
on sale
tomorrow

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM Gladiators 4/11.**
 Records are smashed and it is a race to the finish on the Unleash track.
7.55 The Catch Up
8.00 Top Gear Jeremy Clarkson and James May create an advert for Volkswagen.
9.00 Boarders New episode
 5/6. Leah is pushed into a competitive interschool competition by Xiang. **9.50 Series finale** 6/6.
 Everyone hates Omar for revealing their secrets, while Toby is determined to win Abby back by throwing the best party that the school has ever seen. (S2)
 ■ Entire series on BBC iPlayer
10.35 Funboys 1/4. Comedy with Rian Lennon and Ryan Dylan. Life is good for the funboys until Callum gets his first girlfriend and the change in dynamic threatens more than just their friendship. (S1)
11.00 Man Like Mobeen (S3)
1.00 AM Sky High Club: Scotland and Beyond
1.30 to 3.55 AM Boarders

MORE4

136/137 831 147 18 124

- 8.55 AM Kirstie's House of Craft** Making napkin rings.
9.15 A Place in the Sun
10.05 A New Life in the Sun
11.05 Find It, Fix It, Flog It
1.05 PM Car S.O.S
2.05 Four in a Bed
4.50 Chateau DIY Tim and Sasha try to transform a pond into a water feature.
5.50 Car S.O.S Tim Shaw and Fuzz Townshend restore a rare French classic car. **6.55** Tim and Fuzz secretly restore a Triumph TR4.
7.55 Car S.O.S Fuzz and Tim head to Norfolk to take on a 1962 TVR Grantura that has been off the road for nearly 50 years.
9.00 NEW SERIES Two Men on a Bike 1/4. David Baddiel and Hugh Dennis pedal their way through France. Gearing up for their longest holiday together, they begin in a seaside resort on the Atlantic. See feature, page 11.
10.00 Guy Martin's Lost WW2 Bomber Guy helps to recover a crashed World War Two Lancaster bomber – and the remains of its missing crew members – from the depths of a Dutch lake where it's been submerged for 80 years..

- 11.35 24 Hours in A&E**
1.45 AM Two Men on a Bike
2.50 to 3.50 AM Emergency Helicopter Medics

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM Cleopatra: A Timewatch Guide**
 Vanessa Collingridge looks at how the public's view of Cleopatra has changed.
8.00 The Man Who Discovered Egypt The life and work of Victorian adventurer Flinders Petrie.
9.00 The Latest Secrets of Hieroglyphs Research into the creation of the ancient Egyptians' written language.
10.00 Timewatch: Akhenaten & Nefertiti – The Royal Gods of Egypt The reign of Egyptian king Akhenaten.
10.50 Tutankhamun's Egypt
 Cyril Aldred looks at the life and times of Tutankhamun.
11.10 Eyewitness to History: Norma Percy
11.30 The Fifty Years War: Israel and the Arabs
1.10 AM The Man Who Discovered Egypt
2.10 Timewatch: Akhenaten & Nefertiti – The Royal Gods of Egypt As 10pm.
3.00 to 4.00 AM Cleopatra: A Timewatch Guide

E4

135/136 830 106 13 122

- 6.00 AM Hollyoaks**
6.55 Rude(ish) Tube Shorts
7.00 Ramsay's Kitchen Nightmares USA
8.00 Brooklyn Nine-Nine
9.00 Young Sheldon
10.00 The Big Bang Theory
11.00 Modern Family
12.30 PM The Big Bang Theory
2.00 Young Sheldon
3.00 Modern Family
4.00 The Simpsons
5.00 The Big Bang Theory
6.30 The Simpsons
7.00 Hollyoaks Darren is caught in a compromising situation.
7.30 Modern Family 4/24.
 Mitchell and Claire's mother visits. With Shelley Long. (S1)
8.00 The Simpsons Bull-E:
 Homer gets arrested for bullying Ned Flanders.
8.30 Mathlete's Feat:
 Lisa joins the mathematics quiz team at school.
9.00 Celebrity Gogglebox
 Famous faces appraise Love Island and Alan Carr's Epic Gameshow: Celebrity Special.
10.00 Gogglebox Opinions on *Ratched*, *Family Fortunes* and *Council House Britain*.
11.05 First Dates Valentine's
12.05 AM Naked Attraction
1.10 Celebrity Gogglebox
2.10 Gogglebox
3.05 Teen First Dates
4.00 Abbott Elementary
4.25 Brooklyn Nine-Nine
5.15 to 6.00 AM The Goldbergs

+1 hour 235/236 306 30 123

Monday

primetime

primetime



Twitter.com/TVSatelliteWeek

★★★★★ Excellent ★★★★★ Very Good ★★★ Good ★★ Average ★ Poor

TV&Satellite Week 57

Sky Witness

107 807 110 341 356

- 6.00 AM Stop, Search, Seize
- 7.00 Motorway Patrol
- 8.00 Border Patrol
- 9.00 Send in the Dogs
- 10.00 Border Security: Canada's Front Line Double bill.
- 11.00 The Good Doctor 8/18. (S1)
- 12.00 NOON FBI 10/13. (S6)
- 1.00 PM FBI: International (S3)
- 2.00 FBI: Most Wanted 10/13. The Fugitive Task Force investigate the murder of a federal judge. (S5)
- 3.00 Stop, Search, Seize
- 4.00 Nothing to Declare



10.00 Law & Order: SVU

Sky Atlantic

108/109 808 342 357

- 6.00 AM The Guest Wing
- 8.05 True Blood 6&7/12. (S1)
- 10.15 Billions 1&2/12. (S6)
- 12.25 PM Game of Thrones (S4)
- 1.30 Big Love 11&12/12. (S2)
- 3.35 True Blood 6/12. Sookie struggles after a tragedy.
- 4.40 7/12. Jason travels to Fantasia searching for V. (S1)
- 5.45 Billions 1/12. Chuck questions how much wealth and power someone should have.
- 6.50 2/12. Taylor and Wendy try to nail down Prince's intentions. (S6)



9.00 The White Lotus

Sky Max

113/114 813 111 346 351

- 6.00 AM S.W.A.T. 18&19/22. (S6)
- 8.00 The Flash 8/18. (S7)
- 9.00 Stargate SG-1 21&22/22. (S1)
- 11.00 Manifest 12/13. (S3)
- 12.00 NOON The Flash 9/18. (S7)
- 1.00 PM S.W.A.T. 20&21/22. (S6)
- 3.00 NCIS: Los Angeles 4/22. (S13)
- 4.00 Magnum P.I. 2/20. (S5)
- 5.00 Manifest 11/13. The consequences of Ben's actions test his marriage and send Grace reeling. (S3)
- 6.00 Stargate SG-1 21/22. Part one of three. The project faces closure. (S1)



4.00 Magnum P.I.

ITV2

118 816 115 6 113

- 6.00 AM CITV
- 9.00 World's Funniest Videos
- 9.00 Secret Crush Double bill.
- 12.00 NOON Dinner Date
- 1.00 PM Deal or No Deal: Celebrity Special
- 2.00 Supermarket Sweep
- 3.00 Charmed 16/22. Piper falls into a coma after being attacked by demons. (S7)
- 4.00 Gilmore Girls 15/22. (S4)
- 5.00 Dinner Date
- 6.00 Celebrity Catchphrase With Charlene White, Russell Kane and Laurence Llewelyn-Bowen.



7.00 Deal or No Deal

ITV3

119 117 10 115

- 6.00 AM Classic Emmerdale
- 7.00 Classic Coronation Street
- 8.10 Inspector Morse
- 10.35 The Royal Home and Dry.
- 11.40 Heartbeat Double bill.
- 1.40 PM Classic Emmerdale
- 2.40 Classic Coronation Street
- 3.40 Inspector Morse Death Is Now My Neighbour: A woman is shot at close range.
- 5.55 Heartbeat A Girl's Best Friend: The village is plagued by a spate of burglaries, and Vernon dabbles with the power of the mind.



8.00 Midsomer Murders

7 PM

- 7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM

- 8.00 FBI: Most Wanted Dopesick: 1/14. Crime drama spin-off following the work of the FBI's Fugitive Task Force. (S1)

9 PM

- 9.00 Blue Bloods Be Smart or Be Dead: 6/20. Frank assigns Jamie to guard Danny after a hit is put on him. (S12)

10 PM

- 10.00 Law & Order: Special Victims Unit Blood Out: 12/22. Benson and Carisi put a crime boss on trial. (S24)
- 11.00 The Rookie 7/14. (S3)
- 12.00 MT Law & Order: Organized Crime 5/22. (S2)
- 1.00 AM The Good Doctor (S1)
- 2.00 Coroner 7/12. (S4)
- 3.00 The Rookie: Feds 8/22. (S1)
- 4.00 Highway Patrol
- 5.00 to 6.00 AM Road Wars

+1 hour 207 310

- 7.55 Game of Thrones Two Swords: 1/10. Tyrion is sent to greet a royal party from Dorne, Jon Snow finds himself on trial at Castle Black, and Arya runs into a familiar face. (S4)

- 9.00 NEW SERIES The White Lotus 1/8. Comedy drama with Walton Goggins and Aimee Lou Wood. New luxuries await in Thailand. See feature, page 6. (S3)

- 10.10 Homicide: Life on the Street Ghost of a Chance: 2/9. Bayliss takes charge of a harrowing case. (S1)

- 11.10 The Last of Us 2/9. Joel and Tess clash over Ellie's fate. (S1)
- 12.15 AM The Gilded Age 7/8. (S2)
- 1.20 Watchmen 1/9. (S1)
- 2.35 Game of Thrones As 7.55pm.
- 3.45 Gomorrah 10/10. (S5)
- 4.50 to 6.00 AM Richard E Grant's Hotel Secrets

+1 hour 208/209

- 7.00 Stargate SG-1 Within the Serpent's Grasp: 22/22. Part two of three. The team take an unauthorised trip through the gate. (S1)

- 8.00 A League of Their Own Sports-based comedy quiz, with Anthony Gordon, Maisie Adam and Big Zuu.

- 9.00 Hacks 3/10. Ava gains invaluable insight into Deborah's past.
- 9.40 4/10. Ava comes to better understand Deborah and DJ's complex relationship. (S1)

- 10.20 From Revelations - Chapter One: 9/10. The town residents learn that one of their own has gone missing. (S3)

- 11.35 From 10/10. Boyd is pushed to his limit as time begins to run out for someone he loves. (S3)
- 12.50 AM The Force: Manchester
- 1.55 Road Wars Vehicle crime.
- 3.00 NCIS: Los Angeles 4/22. (S13)
- 4.00 Magnum P.I. 2/20. (S5)
- 5.00 to 6.00 AM Highway Patrol

- 7.00 Deal or No Deal Stephen Mulhern hosts the game show as contestant Myles tries to open the 22 red boxes in the right order.

- 8.00 Gordon Ramsay's Food Stars USA 6/10. The contestants create entertaining and easy-to-follow recipe videos.

- 9.00 Love Island: All Stars: The Live Final Series finale Maya Jama hosts as all the drama unfolds in the final as the nation's favourite couple will be crowned.
- 10.35 Family Guy 5/30. Peter learns that Loretta is having an affair. (S4)

- 11.05 Family Guy 6/7. The family set out on a trip to New York in a bid to win back Chris's place in a Scout group. (S1)
- 11.35 American Dad! (S1)
- 12.35 AM Bob's Burgers (S10)
- 1.35 Iain Stirling's CelebAbility
- 2.20 to 3.00 AM Unwind with ITV

+1 hour 218 315 29 114

- 6.55 Heartbeat A Dog's Life: It soon becomes clear that the County Sheepdog Trials can bring out the worst in some people.

- 8.00 Midsomer Murders The Oblong Murders: Jones infiltrates a cult to investigate a woman's disappearance, but he and Barnaby soon start digging into an old case involving the death of a couple in a boat explosion.

- 10.00 Endeavour Prey: The detective investigates the disappearance of a Dutch au pair and discovers a connection to an earlier unsolved case as conflict erupts between his fellow officers.

- 12.00 MT Trial & Retribution 2/2. Two further bodies and a skeleton are found at the former boarding house. (S5)
- 2.00 to 2.30 AM Unwind with ITV

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- 12.00 NOON This Is BBC Scotland
- 2.00 PM Sign Zone: Money for Nothing
- 2.45 Sign Zone: The Repair Shop on the Road
- 3.30 This Is BBC Scotland
- 7.00 Reporting Scotland
- 7.30 Sportscene: SWPL Highlights Recent action.
- 8.00 The Repair Shop on the Road New edition The team helps save Britain's oldest wooden ship.
- 8.45 Growing Up Scottish
- 9.00 The Hunt for the World's End Killers 1/2. The murder of two women in Edinburgh.
- 10.00 River City New episode Alex and Roisin reflect on the confrontation.
- 10.30 NEW SERIES The Agency: Unfiltered 1/6. The agency search for a new influencer.
- 11.00 Scotcast New edition
- 11.30 PM to 12.00 M'T Best of Chewin' the Fat

Sky Comedy

114/115 814 112 347 352

- 8.00 AM Bored to Death
- 9.15 The Conners (S4)
- 10.05 Hung 7&8/10. (S1)
- 11.25 High Maintenance (S4)
- 12.40 PM Entourage (S8)
- 2.00 Hung 7&8/10. (S1)
- 3.20 High Maintenance (S4)
- 4.40 Bored to Death (S1)
- 6.00 The Office (US) (S8)
- 7.00 The Conners (S4)
- 8.00 Mr Mayor 6/10. Mikaela tries to prove that she has time in her life for things besides work.
- 8.30 7/10. Jayden hosts a Western-themed mystery party. (S2)
- 9.00 NEW SERIES Last Week Tonight with John Oliver Talk show.
- 9.45 Real Time with Bill Maher New edition
- 10.55 Last Week Tonight with John Oliver As 9.00pm.
- 11.40 Tom Davis: Underdog
- 12.55 AM Veep (S5)
- 2.05 In the Long Run (S2)
- 3.05 to 5.00 AM High Maintenance

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM Lang Lang: My Favourite Melodies
- 7.05 Anyone Can Sing
- 8.00 Watercolour Challenge
- 9.00 Tales of the Unexpected
- 10.00 Hitchcock Presents
- 11.00 Discovering
- 12.00 NOON Portrait Artist of the Year 2020
- 1.00 PM Tales of the...
- 2.00 Classic Literature & Cinema Crime novels.
- 3.00 Discovering
- 4.00 From the Vaults
- 5.00 Portrait Artist 2020
- 6.00 Tales of the Unexpected
- 7.00 Alfred Hitchcock Hour
- 8.00 André Rieu in Wonderland
- 10.30 André Rieu: European Dream
- 11.30 Classic FM Rising Stars with Julian Lloyd Webber 2022
- 12.30 AM LSO: Pappano Conducts Ravel, Say & Rachmaninoff
- 2.10 Statues Redressed
- 4.05 The Eighties
- 5.00 to 6.00 AM Auction

Sky Mix

151 135 11 141

- 7.00 AM Nothing to Declare
- 9.00 Bondi Rescue
- 10.00 The Force: Manchester
- 11.00 Highway Patrol
- 12.00 NOON Motorway Patrol
- 1.00 PM Border Patrol
- 2.00 Monkey Life
- 3.00 Nothing to Declare
- 4.00 Star Trek: The Next Generation 5/26. (S7)
- 5.00 Stargate Atlantis (S1)
- 6.00 Star Trek: Deep Space Nine 25/26. (S7)
- 7.00 Star Trek: Voyager (S4)
- 8.00 Hawaii Five-0 4/25. (S8)
- 9.00 SEAL Team (S4)
- 11.00 Britain's Most Evil Killers The story of Anthony Arkwright, who murdered three people in a 56-hour killing spree.
- 12.00 MT Snapped
- 1.00 AM Nothing to Declare
- 2.00 Brit Cops: Law & Disorder Documentary.
- 3.00 Highway Patrol
- 4.00 Border Patrol
- 5.00 to 6.00 AM Highway Cops

ITV Be

131/132 119 28 119

- 7.30 AM Unwind
- 7.40 Backyard Builds Series finale DIY series.
- 8.10 Olivia Meets Her Match
- 9.10 Judi Love's Culinary Cruise From Delphi.
- 10.10 Making It Home
- 11.10 The Real Housewives of Beverly Hills
- 12.05 PM Olivia Meets Her...
- 1.05 The Only Way Is Essex
- 2.05 Dinner Date
- 3.10 Scott's Vacation House Rules New edition
- 4.05 The Real Housewives of Beverly Hills
- 5.00 The Real Housewives of New Jersey New edition
- 6.00 Making It Home
- 7.00 Jimmy's Taste of Florida
- 8.00 Dinner Date
- 9.00 Emergency Nurses
- 10.00 The Real Housewives of Orange County
- 11.00 The Real Housewives Ultimate Girls' Trip
- 12.05 AM Only Way Is Essex
- 1.10 to 1.30 AM Unwind

+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM Diagnosis Murder
- 10.00 Father Dowling Mysteries 5/8. (S3)
- 11.00 Sue Thomas: F.B.Eye
- 12.00 NOON Hart to Hart
- 2.00 PM Father Dowling Mysteries 10/22. (S3)
- 3.00 Diagnosis Murder
- 5.00 Murder, She Wrote
- 7.00 M*A*S*H (S11)
- 9.00 Randall and Hopkirk (Deceased) Somebody Just Walked Over My Grave: 17/26. Jeff stumbles across a kidnap plot. (S1)
- 10.00 The Avengers Winged Avenger: 6/24. Several businessmen are killed by birds of prey. (S5)
- 11.00 The Persuaders! (S1)
- 12.00 MT M*A*S*H (S11)
- 2.00 AM Randall and Hopkirk (Deceased)
- 3.00 The Persuaders! (S1)
- 4.00 Highway to Heaven
- 4.50 to 5.00 AM GREAT! Movie News Extra

+1 hour 257

ITV4

120 118 26 117

- 6.00 AM The Protectors
- 6.35 The Professionals
- 7.35 The Memoirs of Sherlock...
- 8.45 Magnum, PI
- 9.50 Kojak
- 10.55 BattleBots **New edition**
- 12.00 NOON The Memoirs of Sherlock Holmes Mystery.
- 1.05 PM Magnum, PI
- 2.10 Kojak
- 3.10 Minder
- 4.20 The Professionals
- 5.25 BattleBots **New edition**
- 6.30 Formula E Highlights



10.20 The Taking of Pelham 123

- 7.30 **LIVE** Football: LaLiga Barcelona v Rayo Vallecano: The Spanish top-flight match from Estadi Olímpic Lluís Companys. Rayo took a shock 1-0 lead through Unai Lopez in August's reverse fixture, but Barca fought back to win 2-1 thanks to goals by Pedri and Dani Olmo, and they will expect another victory in front of their own fans. Kick-off is at 8.00.

- 10.20 **FILM** The Taking of Pelham 123 Thriller remake starring Denzel Washington and John Travolta. Four gunmen hijack a crowded train. (2009, 15, 105min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.25 AM Auf Wiedersehen, Pet
- 2.25 Auto Mundial
- 2.50 to 3.00 AM Unwind with ITV

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
- 8.00 Teleshopping
- 11.00 Star Trek: The Next Generation 22/26. (S3)
- 12.00 NOON Star Trek: Voyager
- 1.00 PM Star Trek: Deep Space Nine 11/26. (S6)
- 2.00 Warehouse 13 5/13. (S3)
- 3.00 Stargate SG-1 4/20. (S9)
- 4.00 Star Trek: Voyager (S2)
- 5.00 Star Trek: Deep Space Nine
- 6.00 Star Trek: The Next Generation 22/26. Data is held prisoner by a collector of unique treasures. (S3)



7.00 Warehouse 13

- 7.00 Warehouse 13 3, 2, 1: 5/13. A severe lightning-like blast disrupts the electricity supply. (S3)

- 8.00 Stargate SG-1 The Ties That Bind: 4/20. Daniel and Vala continue their mission to unlock the Jaffa device. (S9)

- 9.00 Grimm La Llorona: 9/22. Nick and Hank investigate when a child goes missing, uncovering several similar cases. (S2)

- 10.00 The Walking Dead Clear: 12/16. The prison-based survivors admit they are heavily outgunned by the Woodbury faction. (S3)

- 11.00 SurrealEstate 1/10. Drama about a real-estate agency that sells haunted houses.
- 12.00 MT 2/10. Luke deals with a film crew at a client's property, and Susan visits a strange seaside B&B. (S2)

- 1.00 AM True Blood 11 & 12/12. (S1)
- 3.00 Chucky 2/8. (S1)
- 4.00 to 6.00 AM Most Haunted

U&Alibi

109/110 809 114 343 358

- 7.10 AM Murdoch Mysteries (S10)
- 9.00 Father Brown
- 10.00 The Doctor Blake Mysteries
- 11.00 Hudson & Rex 16/16. (S3)
- 12.00 NOON The Mentalist (S4)
- 1.00 PM Death in Paradise (S5)
- 2.00 Murdoch Mysteries (S10)
- 4.00 The Doctor Blake Mysteries 7/10. A patient confesses to murdering a psychiatric nurse at an asylum. (S1)
- 5.00 Hudson & Rex 16/16. Charlie and Rex witness an armed robbery at the bank. (S3)
- 6.00 Father Brown As 10.00pm.



9.00 Death in Paradise

- 7.00 The Mentalist Ruby Slippers: 21/24. A man is found burnt to death on the doorstep of a cabaret bar. (S4)

- 8.00 White Collar Honor Among Thieves: 5/16. Neal considers assisting a thief in stealing a valuable piece of art. (S4)

- 9.00 Death in Paradise Lost Identity: 5/8. Humphrey's Aunt Mary arrives for a visit, only to get caught up in an investigation. (S5)

- 10.00 Father Brown The Winds of Change: The priest discovers a murderer is using Kembleford's model village to plan their attacks.

- 11.00 The Mentalist As 7.00pm.
- 12.00 MT White Collar As 8.00pm.
- 12.55 AM CSI: Vegas 5/10. A mechanic is found murdered inside a dark factory. (S3)
- 1.55 So Help Me Todd 16/21. (S1)
- 2.50 to 4.00 AM Murdoch Mysteries

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.00 AM Highlights
- 9.25 The Green Green Grass
- 10.00 Are You Being Served?
- 10.40 Porridge
- 11.20 Last of the Summer Wine
- 12.40 PM The Green Green Grass
- 1.20 The Good Life
- 2.00 Dad's Army
- 2.35 Porridge
- 3.20 Are You Being Served?
- 4.00 Last of the Summer Wine
- 5.20 The Green Green Grass
- 6.00 Are You Being Served?
- 6.40 Dad's Army



9.20 Blackadder the Third

- 7.20 Dad's Army Mainwaring's bumbling platoon are selected to appear in an army training film.

- 8.00 The Good Life Tom and Barbara talk to their plants.

- 8.40 The Vicar of Dibley First episode. The villagers of Dibley discover that their new vicar is a woman.

- 9.20 Blackadder the Third The fearsome Duke of Wellington challenges Prince George to a duel.

- 10.00 The Cleaner Wicky is called upon to handle the devastation left by a lethal barroom brawl.

- 10.40 The Good Life As 8pm.
- 11.20 The Vicar of Dibley
- 12.00 MT Blackadder the Third
- 12.35 AM The Cleaner As 10.00pm.
- 1.15 Toast of London Steven gets into trouble with Michael Ball.
- 1.50 The Black Adder Edmund's father becomes king.
- 2.40 to 4.00 AM The Outlaws

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.10 AM Hairy Bikers Everyday Gourmets Dinner for two.
- 8.00 Cops on the Rock
- 10.00 Robson's Extreme Fishing Challenge Double bill.
- 12.00 NOON American Pickers
- 2.00 PM The Boat That Guy Built
- 3.00 Top Gear Double bill.
- 5.00 Hairy Bikers' Best of British Si and Dave explore the popularity of takeaway food.
- 6.00 Rick Stein's Long Weekends Rick heads to Cadiz in Spain, where he samples fresh tuna and Manzanilla sherry.



10.00 Will & Ralf Should Know...

- 7.00 Would I Lie to You? With guests Lorraine Kelly, Dara O Briain, Barry Cryer and Sue Perkins.

- 7.40 Richard Osman's House of Games With Yasmine Akram and Cariad Lloyd.
- 8.20 Roger Black, Jo Brand, Sanjeev Kohli and Tiff Stevenson take part.

- 9.00 QI XL Susan Calman, Rich Hall and Josh Widdicombe join regular panellist Alan Davies and host Sandi Toksvig.

- 10.00 Will & Ralf Should Know Better Will Mellor and Ralf Little take a look at getting older.

- 11.00 Taskmaster Tasks involving vegetable propulsion, snowmen and Swedes.
- 12.00 MT Mock the Week
- 12.40 AM Would I Lie to You?
- 2.00 Hate Thy Neighbour **New edition** A look at the oil and gas industry in Oklahoma.
- 2.45 to 4.00 AM Hypothetical

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM Four in a Bed
- 9.30 Sun, Sea and Selling Houses Double bill.
- 11.30 A Place in the Sun
- 2.30 PM Come Dine with Me
- 5.00 A Place in the Sun
- 6.00 Location, Location, Location Property series.
- 7.00 A Place in the Sun
- 7.45 The Great Pottery Throw Down With guest judge Sharon Griffin.
- 9.00 24 Hours in A&E A man is treated after slicing through his ankle with an angle grinder.
- 10.00 999: On the Front Line Paramedics treat a man with a badly broken arm.
- 11.05 Top Guns: Inside the RAF Documentary.
- 12.05 AM First Dates
- 1.05 Go Back to Where You Came From
- 2.10 Batch from Scratch: Cooking for Less
- 3.10 Sarah Beeny's New Life in the Country
- 4.10 to 4.40 AM Jamie's One-Pan Wonders

5USA

141/169 120/162 21 129

- 9.00 AM NCIS 10-12/24. (S9)
- 11.55 Entertainment News
- 12.00 NOON Law & Order
- 6.00 PM NCIS Recovery: 2/24. Gibbs and the team investigate the death of an NCIS armoury employee. Guest stars Steve Valentine.
- 7.00 Phoenix: 3/24. Ducky reopens a 12-year-old case while on medical leave.
- 8.00 Shell Shock - Part Two: 7/24. Abby creates a 3D computer model of the attack that injured Joe Westcott. (S10)
- 9.00 New episode The Plan: 5/10. The team investigate the mystery of a recently used service weapon. (S21)
- 10.00 Law & Order: Special Victims Unit (S14)
- 1.55 AM Criminal Minds
- 2.50 New York Undercover
- 3.35 to 4.00 AM Car Pound Cops

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM 22 Kids & Counting
- 9.00 Bargain-Loving Brits in the Sun Documentary.
- 10.00 Nightmare Tenants, Slum Landlords
- 11.00 Traffic Cops Triple bill.
- 2.00 PM Police Interceptors
- 5.00 **NEW SERIES** Rogue Claimers A claim over a staged house fire.
- 6.00 Home and Away
- 7.00 GPs: Behind Closed Doors Medical series.
- 8.00 Casualty 24/7: Every Second Counts A woman who suffers from kidney failure.
- 9.00 Ambulance: Code Red A 52-year-old man is thrown off his motorbike.
- 10.00 Call the Bailiffs: Time to Pay Up
- 11.00 Skin A&E
- 12.00 MT A&E After Dark
- 1.00 AM Dexter 7&8/12. (S2)
- 3.00 Home and Away
- 3.50 to 4.00 AM Entertainment News

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM Outback Truckers
- 10.00 Traffic Cops
- 11.00 Police Interceptors
- 12.00 NOON FILM Canyon Passage Western. (1946, PG, 92min) ★★★
- 1.55 PM FILM Angel and the Badman Western. (1947, b/w, U, 100min) ★★★
- 4.00 Outback Truckers
- 5.00 Traffic Cops
- 6.00 Police Interceptors
- 7.00 Motorway Cops: Catching Britain's Speeders Documentary.
- 8.00 Police Interceptors A 4x4 is driven dangerously through the streets of Basilidon.
- 9.00 FILM The Commuter Mystery thriller starring Liam Neeson. (2018, 15, 105min) ★★★
- 11.05 Extreme Tow Truckers
- 12.05 AM Ice Cold Catch
- 1.05 Police Interceptors
- 2.00 Trucking Hell
- 3.50 to 4.00 AM Entertainment News

U&W

132/133 827 125 25 156

- 6.10 AM Inside the Ambulance
- 7.00 My Dream Home
- 8.00 Tipping Point
- 11.00 DIY SOS: The Big Build
- 1.00 PM Tipping Point
- 4.00 My Dream Home
- 6.00 DIY SOS: The Big Build
- 7.00 **NEW SERIES** MasterChef USA The culinary contest returns.
- 8.00 Pete Wicks: For Dogs' Sake Documentary.
- 9.00 At Home with Katherine Ryan **New edition** 2/4. Katherine needs to help 15-year-old Violet focus. Entire series on U
- 10.00 Kathy Burke's All Woman Documentary.
- 11.00 Red Flag
- 12.00 MT Stacey Dooley: Face to Face with the Bounty Hunters
- 1.00 AM Emma Willis: Delivering Babies
- 2.00 to 3.00 AM Wedding Valley

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.10 AM All Creatures Great and Small
- 8.00 Doctors
- 9.15 Holby City
- 10.35 Classic Casualty
- 11.40 The Bill
- 12.40 PM Classic EastEnders
- 2.00 Eldorado
- 3.20 Bergerac
- 4.20 All Creatures Great and Small
- 5.25 The Upper Hand
- 6.00 As Time Goes By
- 6.40 Last of the Summer Wine Double bill.
- 8.00 The Brokenwood Mysteries Over Her Dead Body: 2/4. A corpse is switched inside its coffin. (S3)
- 10.00 New Tricks Fashion Victim: The murder of a fashion designer is reinvestigated. Guest stars Rupert Graves.
- 11.20 Bergerac
- 12.20 AM Lovejoy
- 2.45 to 4.00 AM Holby City

+1 hour 243 316 60

Really

142 128 17 145

- 6.00 AM Fantasy Homes by the Sea From Cornwall.
7.00 Teleshopping
8.00 Salvage Hunters
11.00 A Place in the Sun
1.00 PM Money for Nothing
3.00 Antiques Road Trip
5.00 The Yorkshire Auction House Double bill.
7.00 Antiques Road Trip
9.00 The Yorkshire Auction House **New edition** Helping a couple who are overwhelmed by inherited heirlooms.
10.00 **Celebrity Yorkshire Auction House** Angus visits the homes of Sid Owen and Jennie Bond.
11.00 With Helen Skelton and Nick Hancock.
12.00 M'T **Celebrity Help! My House Is Haunted** With actor Simon Gregson.
1.00 AM Lady Colin Campbell's Castle Goring.
2.00 Teleshopping
4.00 to 6.00 AM Salvage Hunters

DMAX

159 169 39 147

- 6.00 AM Alaska: The Last Frontier Double bill.
8.00 Outback Opal Hunters
9.00 Deadliest Catch
11.00 Alaska: Homestead Rescue Documentary.
1.00 PM Aussie Gold Hunters
3.00 Yukon Gold
5.00 Alaskan Bush People
7.00 Deadliest Catch
Sig and Mandy rush to re-join the fray ahead of a fast-moving ice edge.
8.00 Josh and Casey apply frontier medicine to a bleeding deck boss.
9.00 Naked and Afraid XL
10.00 Naked and Afraid: Alone As darkness falls on the jungles of Belize, Kim Kelly is all alone.
11.00 Aussie Gold Hunters
12.00 M'T Naked and Afraid XL Survival series.
2.00 AM Teleshopping
5.00 to 6.00 AM Building Alaska

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM Building Alaska
8.00 A Place in the Sun
10.00 Escape to the Country
12.00 NOON My Lottery Dream Home
2.00 PM A Place in the Sun
3.00 Escape to the Country
5.00 A Place in the Sun
8.00 Escape to the Country People search for their ideal rural retreats.
9.00 Unsellable Houses **New edition** Lyndsay Lamb and Leslie Davis focus on comfort as they overhaul a rambler.
10.00 **Celebrity IOU** Emma Roberts surprises her Aunt Mela with a custom kitchen transformation and eclectic space.
11.00 Flip or Flop Double bill.
12.00 M'T Good Bones
1.00 AM Building Alaska
2.00 Home Town
3.00 to 4.00 AM My Lottery Dream Home

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM The Chase
10.00 The Crystal Maze
11.00 Cash in the Attic
12.00 NOON Tenable
1.00 PM Family Fortunes
3.00 Catchphrase Double bill of the game show.
4.00 Blockbusters Double bill of the quiz show.
5.00 The Crystal Maze Game show hosted by Richard O'Brien.
6.00 Through the Keyhole Double bill of editions.
7.00 Tenable Warwick Davis hosts as five old school friends answer questions about top 10 lists.
8.00 The Chase Double bill of the quiz show hosted by Bradley Walsh.
10.00 Tenable As 7.00pm.
11.00 Bullseye Double bill of the darts-based quiz.
12.00 M'T Weakest Link
1.00 AM The Crystal Maze
2.00 The Chase Double bill.
4.00 Tenable As 7.00pm.
5.00 to 6.00 AM Bullseye

Food Network

140/141 190 43 148

- 6.00 AM James Martin's French Adventure
7.00 The Pioneer Woman
9.00 Barefoot Contessa: Back to Basics
11.00 Great British Bake Off
1.00 PM Rick Stein's Food Heroes: Another Helping
2.00 James Martin's French Adventure
3.00 The Pioneer Woman
5.00 **NEW SERIES** Be My Guest with Ina Garten
6.00 Barefoot Contessa: Back to Basics
7.00 Great British Bake Off
9.00 Rick Stein's Food Heroes: Another Helping
10.00 James Martin's French Adventure Normandy.
11.00 Diners, Drive-Ins and Dives **New editions**
12.00 M'T Diners, Drive-Ins and Dives Double bill.
1.00 AM Man v Food
2.00 to 3.00 AM Guy's Grocery Games

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM Extreme Cheapskates
8.00 Flip or Flop
9.00 Say Yes to the Dress
11.00 My 600lb Life
12.00 NOON Dr Pimple...
1.00 PM sMothered
2.00 Return to Amish: Rebecca Reality series.
3.00 Outdaughters: Busby Quints Double bill.
5.00 My 600lb Life
6.00 Dr Pimple Popper
7.00 7 Little Johnstons
8.00 The Family Chantel
9.00 Baylen Out Loud **New edition**
10.00 I am Shauna Rae
11.00 Sex Sent Me to the ER
12.00 M'T Bugs, Bites and Parasites: Tropical Diseases Uncovered
1.00 AM Extreme...
2.00 I am Shauna Rae
3.00 Sex Sent Me to the ER
4.00 The Family Chantel
5.00 to 6.00 AM Extreme...

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.00 AM Wild West...
8.30 Wanted: Dead or Alive
9.00 **FILM** A Farewell to Arms Drama. (1932, b/w, PG, 78min) ★★
11.00 The High Chaparral
12.00 NOON Wanted: Dead or Alive Double bill.
1.00 PM **FILM** Robbers' Roost Western drama. (1955, U, 83min) ★★
2.50 **FILM** Any Gun Can Play Spaghetti Western. (1967, 12, 98min) ★★
5.00 Wanted: Dead or Alive
7.00 The High Chaparral
8.00 The Avengers
9.00 **FILM** Surrogates Sci-fi action thriller. (2009, 12, 88min) ★★★★★
11.00 **FILM** The Shanghai Job Thriller. (2017, 15) ★★
1.00 AM **FILM** The Philadelphia Experiment Mystery. (2012, 15, 89min) ★★
3.00 to 5.00 AM Wild West Chronicles

+1 hour 324

Legend

148 149 41 137

- 8.00 AM Walker, Texas Ranger 25/25. (S2)
9.00 Six Million Dollar Man
10.00 T.J. Hooker 19/22. (S3)
11.00 **FILM** Bigfoot Adventure. (2012, 12, 89min) ★★
1.00 PM **FILM** Zulu Dawn Action drama sequel. (1979, PG, 121min) ★
3.15 **FILM** The Phantom from 10,000 Leagues Sci-fi horror. (1955, b/w, PG, 80min) ★★
5.00 Star Trek 24/30. (S1)
6.00 T.J. Hooker 20/22. (S3)
7.00 Six Million Dollar Man
8.00 Walker, Texas Ranger
9.00 **FILM** Cold in July Crime thriller. (2014, 15, 108min) ★★★★★
11.00 **FILM** Vengeance: A Love Story Thriller. (2017, 15, 99min) ★★
1.10 AM **FILM** The Wall Thriller with John Cena. (2017, 15, 88min) ★★★★★
3.00 to 4.50 AM **FILM** Death Trench War-time horror. (2017, 18, 88min) ★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM Most Ridiculous
9.00 Guessable?
10.00 Home Improvement
12.00 NOON Last Man Standing 13 & 14/24. (S1)
1.00 PM Friends (S5)
9.00 Michael McIntyre: Happy & Glorious A performance from the comedian's 2015 tour, recorded at London's O2.
10.00 **NEW SERIES** Utopia 1/8. Australian comedy starring Rob Sitch and Celia Pacquola.
10.35 **New episode** 2/8. An endangered grass threatens plans for a container terminal. (S1)
11.00 Comedy Central Live
12.10 AM Your Face or Mine
1.10 Whose Line Is It Anyway? USA
2.10 Beavis and Butt-Head
3.10 Jessica Fosteekew: Silence of the Nans
4.15 to 5.00 AM Friends

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.00 AM **FILM** Killer Family: A Nanny Nightmare Thriller. (2020, 12) ★★
10.55 **FILM** A Wedding to Die For Suspense thriller. (2019, 12, 95min) ★★
1.00 PM **FILM** Brace for Impact Crime thriller. (2016, PG, 90min) ★★
3.00 **FILM** Next Stop Murder Thriller. (2010, PG) ★★
5.00 **FILM** Lost Letter Mysteries: Signed Sealed Delivered Drama. (2013, PG, 87min) ★★
7.00 Perception 7&8/15. (S3)
9.00 **FILM** Parker Thriller. (2013, 15, 114min) ★★★★★
11.30 **FILM** Disturbing the Peace Crime thriller. (2019, 15, 91min) ★
1.25 AM **FILM** American Heist Crime drama. (2014, 15, 94min) ★★
3.20 Air Rescue
4.00 to 6.00 AM **FILM** Ties That Bind Mystery. (2010, PG, 90min) ★★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM **FILM** Sherlock Holmes As 5.00pm.
8.00 **FILM** Shark Season Disaster thriller. (2020, PG, 87min) ★★
10.00 Farscape 1/22. (S2)
11.00 **FILM** Dragonquest Fantasy adventure. (2009, 12, 90min) ★★
1.00 PM **FILM** 2021: War of the Worlds Sci-fi thriller. (2021, 12, 78min) ★★
3.00 Farscape 1/22. (S2)
4.00 Star Trek 2/26. (S2)
5.00 **FILM** Sherlock Holmes Mystery with Ben Syder. (2010, 12, 89min) ★★
7.00 Farscape 2/22. (S2)
8.00 Star Trek 3/26. (S2)
9.00 **FILM** The Man Called Noon Western adventure starring Richard Crenna. (1973, 15, 98min) ★★
10.55 **FILM** The Witches Hammer horror. (1966, 15, 91min) ★★
1.00 to 3.00 AM **FILM** The Man Called Noon (1973)

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM Home Improvement
7.00 Teleshopping
9.00 Impractical Jokers
10.00 Becker 19&20/22. (S1)
11.00 Friends 16-19/24. (S4)
1.00 PM Criminally Funny
2.30 Impractical Jokers
3.00 Whose Line Is It Anyway? USA
4.00 Guessable?
5.00 Becker 19&20/22. (S1)
6.00 Home Improvement
8.00 Last Man Standing (S1)
9.00 Out of Order
10.00 Friends 3/24. Phoebe goes into labour.
10.30 4/24. Ross faces a dilemma. (S5)
11.00 Friends 5-8/24. (S5)
1.00 AM The Ren & Stimpy Show 11 & 12/12. (S2)
2.00 Key & Peele
3.00 Ugly Americans
3.45 Guessable?
4.30 Modern Horror Stories
4.35 The Bonnaroo Experience Stand-up.
5.15 to 6.00 AM Home Improvement

★★★★★ Excellent ★★★★★ Very Good ★★★★★ Good ★★★★★ Average ★★★★★ Poor

GREAT! romance

319 424 52

- 8.10 AM **FILM** Winter's Dream (2018, PG) ★★
10.05 **FILM** Autumn in the City Romantic drama. (2022, U, 84min) ★★
12.00 NOON **FILM** One Summer Drama. (2021, PG, 84min) ★★
2.00 PM **FILM** The Last Bridesmaid Drama. (2019, PG, 90min) ★★
3.55 **FILM** Wedding Wonderland Drama. (2017, PG, 92min) ★★
6.05 **FILM** Sailing into Love Drama with Leah Renee. (2019, PG, 85min) ★★
8.00 **FILM** You May Kiss the Bridesmaid Comedy. (2021, PG, 90min) ★★
10.00 **FILM** All for Love Romantic comedy. (2017, PG, 83min) ★★
11.55 **FILM** Love Hacks Drama. (2022, PG, 90min) ★★
1.55 AM Highway to Heaven
2.55 to 5.00 AM **FILM** Love, Alaska (2019, PG) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM Dickinson's Real Deal From Nottingham.
6.40 Pawn Stars
7.30 Auction Hunters
7.55 Storage Wars: Texas
8.55 Hardcore Pawn
10.15 Alien Disclosure Files
11.10 Weird or What? With William Shatner
12.10 PM What on Earth?
1.05 Mysteries from Above
2.05 Pawn Stars
3.05 Storage Wars: Texas
4.00 Ancient Aliens
6.00 Alien Files Reopened
7.00 Pawn Stars
8.00 Dickinson's Real Deal
9.00 The Curse of Oak Island
10.00 Secrets in the Ice
11.00 Secrets in the Jungle
12.00 M'T Deadman's Curse
1.00 AM Alien Disclosure Files Alien activity.
2.00 Weird or What? With...
3.00 Hardcore Pawn
3.25 Rust Valley Restorers
4.10 to 6.00 AM Ancient Aliens

Sky Replay

152 156

- 7.00 AM Sixth Sense with Colin Fry Double bill.
8.00 Four Weddings
10.00 Highway Patrol
11.00 Border Patrol
12.00 NOON The Rookie (S4)
2.00 PM Motorway Patrol
3.00 Highway Patrol
4.00 Border Patrol
5.00 Air Ambulance ER
6.00 The Flash 18/18. (S7)
7.00 MacGyver Seeds & Permafrost & Feather: 17/22. A man working inside a vault disappears.
8.00 Murdoch & Helman & Hit: 18/22. Nicholas Helman resurfaces. (S3)
9.00 The Force: North East
11.00 Road Wars
12.00 M'T The Russell Howard Hour
2.00 AM A League of Their Own With Big Zuu.
3.00 Duck Quacks Don't Echo With Jo Brand.
4.00 Four Weddings
5.00 to 6.00 AM Sixth Sense with Colin Fry

Rewind TV

182 95

- 6.00 AM Highlights
9.00 Space 1999 20/24. (S1)
10.00 Time After Time (S1)
10.30 Watching 2/7. (S7)
11.00 Diff'rent Strokes (S1)
11.30 I Dream of Jeannie (S1)
12.00 NOON Shine on Harvey Moon 3/8. (S4)
1.00 PM Jason King (S1)
2.00 Born Free (S1)
3.00 Whicker's World
4.00 Stereo Underground
5.00 Diff'rent Strokes (S1)
5.30 Watching 2/7. (S7)
6.00 I Dream of Jeannie (S1)
6.30 Married... with Children
7.00 The Zoo Gang 4/6. (S1)
8.00 Born Free (S1)
9.00 Jason King 4/26. (S1)
10.00 Married... with Children
10.30 Drop the Dead Donkey
11.00 The Mrs Merton Show
11.35 Hammer House of Horror 11/13. (S1)
12.35 AM Shine on Harvey...
1.35 Whicker's World
2.35 Monkey 3/26. (S1)
3.30 to 6.00 AM Highlights

5SELECT

153 138 46 133

- 9.00 AM Scotland's Most Scenic Railway Journeys
10.00 Shetland: Scotland's Wondrous Isles
11.00 Ben Fogle: New Lives in the Wild Double bill.
1.00 PM The Yorkshire Vet
2.55 Murder, She Wrote
3.55 Columbo
5.30 Walking Tudor Britain
6.00 World's Most Scenic Railway Journeys A route through Sicily.
7.00 Ben Fogle: New Lives in the Wild Double bill.
9.00 Susan Calman's Grand Day Out The comedian sets out to explore the Channel Islands.
10.00 Jane McDonald: Lost in Japan The singer explores Osaka.
11.00 Prisoner: Cell Block H
1.05 AM Bargain-Loving Brits in the Sun
3.05 Shetland: Scotland's Wondrous Isles
3.50 to 4.00 AM Entertainment News

MTV

126/127 824 134

- 6.00 AM The Hills
6.20 16 and Pregnant
7.10 Teen Mom OG
10.00 Teen Mom 2
11.00 Catfish: The TV Show
1.00 PM Catfish: The TV Show Four editions.
5.00 Catfish: Firsts
6.00 Catfish: The TV Show
7.00 Teen Mom: The Next Chapter Double bill.
9.00 True Life Crime UK Linda Adey investigates Georgina Gharsallah's disappearance.
10.00 Skin A&E A boxing coach has a lipoma that looks like an out-of-place abdominal muscle.
11.00 Ink Master
12.00 M'T Ridiculousness **New edition** Rob, Steelo and Carly discover pinatas have an age limit in 'too old to pinata'.
12.30 AM Ridiculousness
1.00 Ink Master Double bill.
2.45 Ex on the Beach
3.35 to 4.00 AM Teen Crips

Discovery

125/126 823 177 320 325

- 6.00 AM **How Do They Do It?**
 7.00 **Building Off the Grid**
 9.00 **Kindig Customs**
 11.00 **Wheeler Dealers**
 1.00 PM **Alaska: Homestead Rescue** Documentary.
 3.00 **Gold Divers** The Kellys fight over a lack of progress.
 4.00 The entire fleet gamble in order to save their season.
 5.00 **Deadliest Catch** Many's news forces Sig and Clark to reconsider their decision.
 6.00 **Wheeler Dealers** Mike finds his favourite iconic British car.



10.00 Texas Metal

- 7.00 **Salvage Hunters** In Lincolnshire, Drew visits a 16th-century Elizabethan mansion and hits the jackpot at a brewery.
 8.00 **Kindig Customs** Dave takes the plunge into the electric car world, with his CFIs providing the perfect canvas.
 9.00 **Mega Shippers** Kieran struggles to get a train rolling, while Colin has 48 hours to load ten valuable racing yachts.
 10.00 **Texas Metal** **New edition** The team drop a wrecker to the floor, and a 2022 Ford Lightning becomes Ekstensive's first air ride.
 11.00 **Expedition X** Josh, Phil and Heather investigate the Trans-Allegheny Lunatic Asylum.
 12.00 **MT Street Outlaws: Locals** Only Racers compete in Texas.
 1.00 AM **Mega Shippers**
 2.00 **Texas Metal** As 10.00pm.
 3.00 **Iron Resurrection**
 4.00 to 5.00 AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

- 8.00 AM **Insane Pools: Off the Deep End** A tiny pool.
 9.00 **Crikey! It's the Irwins**
 10.00 **Dogs 101** Canine facts.
 11.00 **Alaska: Homestead Rescue**
 12.00 **NOON Animal Cribbs**
 1.00 PM **Crikey! It's the Irwins**
 2.00 **Animal Cribbs**
 3.00 **Crikey! It's the Irwins**
 4.00 **Pit Bulls & Parolees**
 5.00 **Alaska: Homestead Rescue** Helping a family in Idaho.
 6.00 **Insane Pools: Off the Deep End** Transforming a neglected backyard into a waterpark.



9.00 Swimming with Monsters

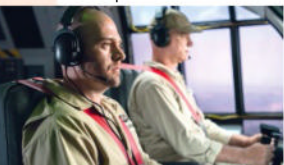
- 7.00 **Crikey! It's the Irwins** Terri does her best to save a koala that has been given little prospect of survival.
 8.00 **Monster Croc Invasion** An investigation into the increasing numbers of human deaths from large crocodiles in Costa Rica.
 9.00 **Swimming with Monsters with Steve Backshall** The naturalist heads to Africa to swim with hippopotamuses.
 10.00 **Alaskan Bush People** The Browns head into unfamiliar terrain, and it seems their wilderness years are not yet over.
 11.00 **Coyote Peterson: Brave the Wild** Double bill of editions.
 12.00 **MT Tanked** Actor Mario Lopez helps the ATM team.
 1.00 AM **Alaskan Bush People**
 2.00 **Pit Bulls & Parolees**
 3.00 **Alaska: Homestead Rescue**
 4.00 to 5.00 AM **Insane Pools: Off the Deep End**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

- 8.00 AM **Food Factory**
 9.00 **Air Crash Investigation**
 10.00 **World War II: Secrets from Above** Documentary.
 11.00 **Airport Security: Rome**
 12.00 **NOON Car S.O.S**
 1.00 PM **Rocky Mountain Railroad**
 2.00 **Air Crash Investigation**
 3.00 **Drain the Oceans**
 4.00 **Mysterious Islands**
 5.00 **Car S.O.S** Tim and Fuzz take on a 1992 Saab 900 Turbo.
 6.00 **Nazi Megastructures** The concrete submarine pens built to protect U-boats.



9.00 Air Crash Investigation

- 7.00 **Air Crash Investigation** An investigation into the case of a plane that nosedived into the runway at Russia's Rostov airport.
 8.00 **UFOs: Investigating the Unknown** **New edition** A psychiatrist attempts to validate stories of alien abduction.
 9.00 **Air Crash Investigation** **New edition** A C-130 firebomber crashes while battling an epic Australian wildfire.
 10.00 **Murder in the Skies: Who Downed MH17?** **Series finale** 3/3. The investigation closes in on those responsible.
 11.00 **Air Crash Investigation** The Air Inter Flight 148 crash.
 12.00 **MT Mutant Weather**
 1.00 AM **To Catch a Smuggler**
 2.00 **Lords of War** A blunderbuss.
 2.30 **Made in a Day**
 3.20 **Food Factory** Double bill.
 4.10 to 5.00 AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

- 6.00 AM **American Pickers**
 6.50 **River Hunters**
 7.45 **Flipping Bangers**
 8.45 **Forged in Fire**
 9.35 **Storage Wars** Five editions.
 12.00 **NOON Mountain Men**
 1.00 PM **Flipping Bangers**
 2.00 **Combat Trains**
 4.00 **Digging for Britain**
 5.00 **Pawn Stars** A Princess Leia action figure signed by actor Carrie Fisher is assessed.
 5.30 An example of the first American coin ever made.
 6.00 **American Pickers**



9.00 History's Greatest Aircraft

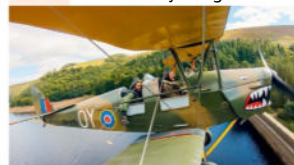
- 7.00 **Forged in Fire** The bladesmiths are tasked with forging a combat knife from an anti-tank hedgehog.
 8.00 **NEW SERIES History's Greatest Aircraft** The Grumman Avenger, the most important carrier-based torpedo bomber.
 9.00 **Mayhem! The Secret Lives of the Georgian Kings** **New edition** How George III's reign was rocked by revolution.
 10.00 **Secrets in the Ice** **New edition** Exploring great mysteries that have been frozen in time.
 11.00 **The UnXplained with William Shatner** **New edition** Ancient technologies that seem too advanced for their time.
 12.00 **MT Pawn Stars** Double bill.
 1.00 AM **Flipping Bangers**
 2.00 **The Lost Women Spies**
 3.10 **History's Greatest Aircraft**
 4.10 to 6.00 AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

- 6.10 AM **Antiques Roadshow**
 8.00 **Secret Nazi Bases**
 9.00 **Nazi Hunters**
 10.00 **The Architecture the Railways Built** Double bill.
 12.00 **NOON Joanna Lumley's Silk Road Adventure**
 1.00 PM **Antiques Roadshow**
 2.00 **Bangers & Cash**
 4.00 **Secret Nazi Bases**
 5.00 **Nazi Hunters** The suicide of Heinrich Himmler.
 6.00 **Antiques Roadshow** Fiona Bruce presents from the Black Country Living Museum.



7.00 Guy Martin's Lancaster...

- 7.00 **Guy Martin's Lancaster Bomber** The presenter trains in all seven positions on the iconic aircraft, from pilot to bomb aimer.
 8.00 **Simon Reeve's South America** Simon travels through the Andes from Peru to Bolivia, beginning the ruins of Machu Pichu.
 9.00 **Villages by the Sea** The history of Alnmouth in Northumberland.
 9.30 A visit to Staithes in North Yorkshire.
 10.00 **Bangers & Cash: Restoring Classics** The team re-commission a 1991 Nissan Figaro.
 11.00 **Abandoned Engineering** Exploring a series of vaults hidden from view in Scotland.
 12.00 **MT Joanna Lumley's Silk Road Adventure** A journey across the Central Asian states of Uzbekistan and Kyrgyzstan.
 1.00 to 3.00 AM **Secrets of the London Underground**

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM **Chasing Classic Cars**
 8.00 **American Pickers**
 9.00 **Aussie Gold Hunters**
 11.00 **The Repair Shop**
 1.00 PM **Salvage Hunters**
 3.00 **Shed and Buried**
 4.00 **Find It, Fix It, Flog It**
 6.00 **The Repair Shop**
 8.00 **Outback Truckers** **New edition** Steve Grahame is desperate to cross a river before wild weather sets in.
 9.00 **Opal Hunters: Red Dirt Road Trip** **New edition** The race to reach \$40,000 each is down to the wire for Rod and JC.
 10.00 **Mystery at Blind Frog Ranch** Charlie finds a dead animal with unusual bite marks on it.
 11.00 **Wheeler Dealers**
 1.00 AM **Chasing Classic Cars**
 3.00 **Find It, Fix It, Flog It**
 4.00 to 5.00 AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM **Say Yes to the Dress: Bridesmaids**
 7.00 **Say Yes... Lancashire**
 8.00 **Curvy Brides Boutique**
 9.00 **Say Yes... Atlanta**
 10.00 **Forensic Detectives**
 12.00 **NOON Married to Evil**
 1.00 PM **On the Case with Paula Zahn**
 2.00 **Murder on CCTV**
 3.00 **A Killer's Mistake**
 4.00 **American Monster**
 6.00 **People Magazine Investigates**
 7.00 **The Killer in My Family**
 8.00 **Murder on CCTV**
 9.00 **On the Case with Paula Zahn** **New edition** A young girl vanishes.
 10.00 A woman's body is found in the woods.
 11.00 **Murder on CCTV**
 12.00 **MT Faking It: Tears of a Crime** Double bill.
 2.00 AM **Murder Comes to Town** Documentary.
 3.00 to 4.00 AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM **Judge Judy**
 1.00 PM **Judge Judy**
 7.00 **See No Evil** DJ Ervin Holton is found shot on his friend's porch.
 8.00 **Killers: Caught on Camera** Surveillance footage captures last known movements of a missing woman.
 9.00 **Forensic Factor** **New edition** In Bartow, four bodies are found slaughtered in a factory.
 10.00 **NEW SERIES A Secret to Die For** Emotions and intrigue run high in an affluent suburb of Detroit, as a web of dark secrets and lies shock a community and rip a family apart.
 11.00 **Evidence of Evil**
 12.00 **MT 48 Hours**
 1.00 AM **Forensic Factor**
 2.00 **A Secret to Die For**
 3.00 **Medical Detectives**
 4.00 to 6.00 AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM **48 Hours**
 11.00 **Medical Detectives**
 2.00 PM **48 Hours**
 4.00 **Medical Detectives** A man is found hanging from a tree with 'FED' scrawled on his chest.
 4.30 A single mother who was looking for love vanishes without a trace.
 5.00 A 20-year-old woman sets out on her bike and never returns.
 5.30 Navy lieutenant Lee Hartley is murdered while deployed at sea.
 6.00 A building manager finds the lifeless body of a young woman in her apartment.
 6.30 A murder victim's last moments are caught on tape, and evidence points to a jilted lover.
 7.00 **Judge Judy** Real-life small-claims cases.
 12.05 AM **Judge Judy**
 4.45 to 6.00 AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

- 6.00 AM **Highway Cops**
 7.00 **Send in the Dogs**
 8.00 **Stop, Search, Seize**
 9.00 **Nothing to Declare**
 10.00 **Brit Cops: Law & Disorder** Documentary.
 11.00 **Catching the Killer**
 12.00 **NOON Killing Mum...**
 1.00 PM **Killer in My Village**
 2.00 **Murders That Shocked...**
 3.00 **Most Evil Killers**
 5.00 **Catching the Killer**
 6.00 **Killing Mum and Dad**
 7.00 **Most Evil Killers**
 9.00 **I'll Be Gone in the Dark**
 10.10 **Killer in My Village**
 11.05 **Catching the Killer**
 12.00 **MT World's Most Evil...**
 1.00 AM **Murders That Shocked the Nation**
 2.00 **World's Most Evil Killers** **New edition**
 3.00 **Ireland's Most Evil Killers** Joe O'Reilly.
 4.00 **UK Border Force**
 5.00 to 6.00 AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM **Grand Tours of...**
 8.40 **Wrecks That Changed...**
 9.35 **Chivalry and Betrayal...**
 10.50 **The Wheelchair President** As 8.45pm.
 11.50 **The Ghettos & the...**
 1.00 PM **Grand Tours of...**
 1.55 **Wrecks That Changed...**
 2.50 **Chivalry and Betrayal: The Hundred Years War**
 4.05 **The Wheelchair President** As 8.45pm.
 5.15 **The Ghettos & the Holocaust** Documentary.
 6.25 **Wrecks That Changed the World** Documentary.
 7.30 **Chivalry and Betrayal: The Hundred Years War**
 8.45 **NEW SERIES The Wheelchair President** 1/2. The cover up of President Franklin Roosevelt's failing health.
 9.50 **The Ghettos & the Holocaust** Documentary.
 11.00 **Wrecks That Changed...**
 12.00 **MT The Wheelchair...**
 1.10 to 2.00 AM **Grand Tours of Scotland**

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM The Movies
7.00 Discovering: Alan Rickman
8.00 The Directors
9.00 The Nineties
10.00 Janet Jackson
10.55 Ren Faire
12.00 NOON Breath of Fire
4.10 PM The Directors
5.00 Discovering: Alan Rickman
6.00 The Nineties
7.00 Janet Jackson 1/4. A profile of the singer in which she talks about her early years and the defining moments of her life.
8.00 2/4. Janet decides if she is going to have a musical career, it will be on her own terms.
9.00 Super/Man: The Christopher Reeve Story Profile of the actor who rose to fame after starring in the 1978 film *Superman*.
11.00 Val Documentary focusing on the daily life of actor Val Kilmer.
1.00 AM I Am Richard Pryor
2.50 Barbie Uncovered: A Dreamhouse Divided
4.40 My Icon: Christine Ohuruogu
5.00 to 6.00 AM Discovering: Alan Rickman

Crime+Investigation

156 837 133

- 6.00 AM Homicide: Hours to Kill
7.00 Homicide Hunter
8.00 The First 48
9.00 Meet, Marry, Murder
10.00 Accident, Suicide or Murder?
11.00 Imperfect Murder
12.00 NOON Buried in the Backyard
1.00 PM Somebody's Hiding Something Documentary.
2.00 Murder Masterminds
3.00 Killer Britain with Dermot Murnaghan Mark Jewitt
4.00 Meet, Marry, Murder
5.00 On the Case with Paula Zahn
6.00 Homicide: Hours to Kill
7.00 The First 48 True-crime.
8.00 NEW SERIES Murder by Medic
9.00 NEW SERIES Cops Gone Bad with Will Mellor Adam Provan.
10.00 Crimes That Shook Britain
11.00 Homicide Hunter
12.00 MT Buried in the Backyard
1.00 AM Cops Gone Bad...
2.00 Very Scary People
3.00 Somebody's Hiding Something
4.00 On the Case with Paula Zahn
5.00 to 6.00 AM Imperfect Murder
+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM 999 Rescue Squad
1.00 PM 999 Rescue Squad
5.00 The Bill Suspicious Minds: A raid doesn't go to plan.
5.30 Intuition: DS Roach asks DC Lines to do unpaid overtime to help him gather evidence.
6.00 Loss: Martella and Yorkie are put in charge of tidying up unsolved missing persons cases.
6.30 Procedure: Sun Hill gets a visit from the fraud squad.
7.00 Pointless Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 The Alienist New episodes Labyrinth: 3/8. Sara persuades a young nurse to disclose what happens behind closed doors.
10.00 Gilded Cage: 4/8. The team must locate baby Ana, while Sara worries about Bitsy Sussman. (S2)
11.10 The Bill Four episodes.
12.15 AM The Bill Double bill.
1.20 Pointless Double bill.
3.10 999 Rescue Squad
5.35 to 6.00 AM The Bill
+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM Tales from Zambia
7.00 Monkey Life Double bill.
8.00 Great Parks of Africa
9.00 Amazing Animal Friends
10.00 A Wild Year on Earth
11.00 Wildlife ER Documentary.
12.00 NOON Uptown Otters
1.00 PM Monkey Life
2.00 Great Parks of Africa
3.00 Amazing Animal Friends
4.00 A Wild Year on Earth
5.00 Wild Family Ties
6.00 Uptown Otters
7.00 Monkey Life Double bill.
8.00 Wild Battlegrounds
9.00 Wild Survivors A look at how countless strategies to reproduce have evolved.
10.00 Uptown Otters Following families of otters in Singapore.
11.00 Wild Family Ties
12.00 MT Wildlife ER
1.00 AM Arctic Secrets
2.00 Wild Battlegrounds
3.00 Wild Survivors As 9.00pm.
4.00 Great Parks of Africa
5.00 to 6.00 AM Amazing Animal Friends

WILD

165 841 182

- 8.00 AM Yukon Vet
9.00 Shark Men Documentary.
10.00 Last of the Giants: Wild Fish
11.00 World's Deadliest
12.00 NOON The Incredible Dr Pol
1.00 PM Yukon Vet
2.00 Baby Animal Rescue
3.00 Critter Fixers: Country Vets
4.00 Secrets of the Zoo: Tampa
5.00 The Incredible Dr Pol
6.00 Snakes in the City
7.00 Secrets of the Zoo The entire zoo is on watch as an elephant goes into labour.
8.00 Frozen Kingdom of the Snow Leopard The story of a snow leopard raising her cubs.
9.00 Malika the Lion Queen The life story of a lioness.
10.00 Ten Deadliest Snakes with Nigel Marven Exploring Brazil's most dangerous serpents.
11.00 Ice Road Rescue
12.00 MT When Sharks Attack 360
1.00 AM World's Deadliest Sharks
2.00 Yukon Vet Documentary.
3.00 Secrets of the Zoo: Tampa
4.00 to 5.00 AM Yukon Vet

ID

154 166

- 8.00 AM Home Sweet Homicide
9.00 Married with Secrets
11.00 Forbidden: Dying for Love
1.00 PM I Am Homicide
3.00 A Crime to Remember
5.00 Evil Stepmothers
7.00 Southern Fried Homicide Focusing on the case of Pat Allanson, who was spoiled as a child and would throw tantrums if not indulged.
8.00 In 2000, the citizens of DeKalb County elected Derwin Brown as their new sheriff. However, defeated rival Sidney Dorsey sought revenge by arranging his rival's murder.
9.00 No One Can Hear You Scream The nightmare suffered by an Arkansas real-estate agent.
10.00 Hell House The murders of Bruce and Darlene Rouse.
11.00 Dead on Arrival
12.00 MT People Magazine Investigates Double bill.
2.00 AM Evil Stepmothers
4.00 to 6.00 AM Southern Fried Homicide
+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM Ancient Aliens
8.00 History's Greatest Mysteries
9.00 History of Weapons
10.00 What on Earth?
11.00 Ancient Aliens Double bill.
1.00 PM River Hunters
2.00 Walking Through History
3.00 Clash of the Gods
4.00 History of Weapons
5.00 The Proof Is Out There
6.00 What on Earth? A desert ghost town of untold riches and unspeakable horrors.
7.00 UFO Files A look at the most iconic aliens in popular culture.
8.00 Greatest Prison Escapes with Billy Hayes Exploring audacious jail and prison breaks.
9.00 The Nostradamus Effect The plausibility of prophecies.
10.00 History's Greatest Mysteries The sinking of the *Titanic*.
11.00 Royal Murder Mysteries
12.00 MT Ancient Aliens
2.00 AM River Hunters
3.00 Weird Britain Documentary.
4.00 UFO Files As 7.00pm.
5.00 to 6.00 AM The Proof Is Out There

Discovery History

174 181

- 7.00 AM Nostradamus: The Truth
8.00 Kings of Construction
9.00 Combat Dealers
10.00 Blowing Up History
12.00 NOON Expedition Unknown
2.00 PM NASA's Unexplained Files
3.00 How the Universe Works
4.00 Mysteries of the Missing
5.00 Mysteries at the Museum
7.00 Expedition Bigfoot Russell finds a structure he believes is a Bigfoot nest.
8.00 Nostradamus: The Truth A fresh look at the accuracy of Nostradamus' predictions.
9.00 Combat Dealers Bruce heads to Finland following a hot tip.
10.00 Shed and Buried Henry Cole and Guy Willison pay a visit to a motocross lover in Hereford.
10.30 Henry and Guy have a rummage in Bexleyheath.
11.00 Blowing Up History
1.00 AM How the Universe Works
2.00 NASA's Unexplained Files
3.00 to 5.00 AM Expedition Unknown
+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM World's Greatest Motorcycle Rides
7.00 Kindig Customs
8.00 Iron Resurrection
9.00 Roadworthy Rescues
10.00 Shed and Buried
11.00 Salvage Hunters: Classic Cars
12.00 NOON Richard Hammond's Workshop Motoring series.
1.00 PM Extreme RVs
2.00 Wheeler Dealers
3.00 Shed and Buried
4.00 Lucky! A look back at the most glamorous era of Formula 1.
5.00 Roadworthy Rescues
6.00 Salvage Hunters: Classic Cars
7.00 Richard Hammond's Workshop
8.00 Lucky! Bernie Ecclestone fights to control Formula 1.
9.00 Kindig Customs
10.00 Motor Pickers
11.00 Shed and Buried
12.00 MT Lucky! As 8.00pm.
1.00 AM Iron Resurrection
2.00 Fast N' Loud A Buick Riviera.
3.00 Wheeler Dealers
4.00 to 5.00 AM Gear Dogs
+1 hour 261/272

Sky Cinema Premiere

301 401 501 515

- 6.00 AM Sky Cinema Preview
7.00 Turn Me On As 4.10pm.
9.00 The Line As 8.00pm.
10.50 The Garfield Movie (2023)
12.35 PM Fox and Hare Save the Forest As shown at 2.15am.
2.05 The Bikeriders As 12.10am.
4.10 Turn Me On Fantasy starring Luke Kirby and Bel Powley. (2024, 15, 99min) ★★★
6.10 The Garfield Movie Animation with the voice of Chris Pratt. (2023, U, 101min) ★★★



6.10 The Garfield Movie

- 8.00 The Line Co-writer/director Ethan Berger's drama starring Alex Wolff and Bo Mitchell. A university student tries to live his life without a fear of consequences. With Lewis Pullman (2023, 15, 100min)

- 10.00 A Place Called Silence Chinese thriller starring Eric Wang and Ning Chang. At a girls' middle school, a student's death leads to a wave of disappearances. Subtitled. (2024, 15, 119min)

- 12.10 AM The Bikeriders Drama. (2023, 15, 116min) ★★★★★
2.15 Fox and Hare Save the Forest Animation. (2024, U, 71min)
3.35 The Last Stop in Yuma County Crime thriller. (2023, 15, 100min) ★★★★★
5.15 to 6.55 AM Timestalker Fantasy starring Alice Lowe. (2024, 15, 89min) ★★★★★

Sky Cinema Drama

310 410 510 524

- 7.30 AM May December Drama. (2023, 15, 117min) ★★★★★
9.35 The Glorias Biographical drama. (2020, 12, 139min) ★★★
12.05 PM Lee Biopic with Kate Winslet. (2023, 15, 117min) ★★★
2.10 Chicago Musical adaptation. (2002, 12, 112min) ★★★★★
4.10 Alfie Comedy drama remake with Jude Law and Marisa Tomei. (2004, 15, 106min) ★★★
6.00 One Life Drama starring Anthony Hopkins and Lena Olin. (2023, 12, 105min) ★★★★★
8.00 Eternal Sunshine of the Spotless Mind Offbeat romantic comedy starring Jim Carrey and Kate Winslet. (2004, 15, 108min) ★★★★★
10.00 Dear John Romantic drama starring Channing Tatum and Amanda Seyfried. A US soldier and a college student keep their romance alive through love letters. (2010, 12, 108min) ★★
11.50 Drift Drama starring Cynthia Erivo. (2023, 15, 93min) ★★★★★
1.35 AM I Used to Be Funny Drama. (2023, 15, 105min) ★★★
3.30 Black Dog Drama with Jamie Flatters. (2023, 15, 96min) ★★★
5.15 to 7.05 AM Beach Rats Drama. (2017, 15, 98min) ★★★

Sky Cinema Hits

303 403 503 517

- 6.00 AM Cult Killer As 4.55am.
7.50 Knights of the Zodiac Fantasy. (2023, 12, 112min) ★★
9.45 The Three Musketeers: Milady Adventure. (2023, 12) ★★★★★
11.40 The Equalizer 3 (2023) ★★★★★
1.30 PM Dungeons & Dragons: Honour Among Thieves Adventure. (2023, 12) ★★★★★
3.45 The Truman Show Comedy. (1997, PG, 99min) ★★★★★
5.30 The Da Vinci Code Thriller. (2006, 12, 149min) ★★★



5.30 The Da Vinci Code

- 8.00 Angels & Demons Mystery thriller based on Dan Brown's bestseller, starring Tom Hanks and Ewan McGregor. Harvard professor Robert Langdon must solve a series of cryptic riddles to prevent a hidden time bomb from destroying the Vatican. (2009, 12, 138min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.20 Inferno Thriller starring Tom Hanks and Felicity Jones. While suffering from amnesia, Professor Robert Langdon attempts to stop a lethal virus from killing millions of people. (2016, 12, 121min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.25 AM Bad Boys Action comedy. (1995, 15, 118min) ★★★★★
2.35 Breaking Crime drama. (2022, 15, 103min) ★★
4.25 Sky Cinema Preview
4.55 to 6.50 AM Cult Killer Thriller. (2024, 15, 105min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

- 6.35 AM Riddick As 4.20pm.
8.35 Ghost in the Shell Adventure. (2017, 12, 107min) ★★★★★
10.40 Resident Evil: Degeneration Animated zombie horror thriller. (2008, 15, 97min) ★★
12.25 PM I Am Legend Sci-fi horror. (2007, 15, 101min) ★★★★★
2.15 War of the Worlds Steven Spielberg's sci-fi adventure. (2005, 12, 116min) ★★★★★
4.20 Riddick Sci-fi thriller sequel starring Vin Diesel and Jordi Mollà. (2013, 15, 122min) ★★★★★
6.25 Gravity Thriller starring Sandra Bullock and George Clooney. (2013, 12, 91min) ★★★★★
8.00 A.I. Artificial Intelligence Steven Spielberg's sci-fi fantasy starring Haley Joel Osment. (2001, 12, 145min) ★★★★★
10.35 Repo Men Sci-fi action thriller starring Jude Law, Forest Whitaker and Alice Braga. (2009, 18, 111min) ★
12.40 AM If You Were the Last Comedy with Anthony Mackie. (2023, 15, 92min) ★★★★★
2.20 Sick Horror. (2022, 18) ★★
3.50 Silent Running Sci-fi drama. (1972, U, 90min) ★★★★★
5.25 to 7.00 AM Continuum Sci-fi drama. (2013, 15, 89min) ★★

Sky Cinema Harry Potter

306 406 506 520

- 7.05** AM **Harry Potter and the Deathly Hallows: Part II** Fantasy. (2001, PG, 152min) ★★★★★
- 9.20** AM **Harry Potter and the Philosopher's Stone** Fantasy. (2001, PG, 152min) ★★★★★
- 11.55** AM **Harry Potter and the Chamber of Secrets** Fantasy. (2002, PG, 161min) ★★★★★
- 2.40** PM **Harry Potter and the Prisoner of Azkaban** Fantasy. (2004, PG, 142min) ★★★★★
- 5.05** AM **Harry Potter and the Goblet of Fire** (2005, 12) ★★



2.40 ...the Prisoner of Azkaban

- 7.45** AM **Harry Potter and the Order of the Phoenix** Fantasy adventure with Daniel Radcliffe. Harry clashes with a tyrannical new teacher and begins secretly teaching a small band of students how to defend themselves. (2007, 12, 132min) ★★★★★
- SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.05** AM **Harry Potter and the Half-Blood Prince** Fantasy adventure with Daniel Radcliffe. (2009, 12, 153min) ★★★★★
- SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.40** AM **Harry Potter and the Deathly Hallows: Part I** Fantasy with Daniel Radcliffe. (2010, 12, 146min) ★★★★★

- 3.10** AM **Harry Potter and the Deathly Hallows: Part II** Fantasy with Daniel Radcliffe. (2011, 12, 130min) ★★★★★

- 5.25** to **7.45** AM **Fantastic Beasts and Where to Find Them** Fantasy adventure prequel. (2016, 12, 133min) ★★★★★

Sky Cinema Awards Season

302 402 502 516

- 6.35** AM **Frost/Nixon** Drama. (2008, 15, 122min) ★★★★★
- 8.45** **Rashomon** As 4.30am.
- 10.30** **Dual** As shown at 3.50pm.
- 12.10** PM **After Yang** As 2.50am.
- 1.50** **Ex Machina** As 12.55am.
- 3.50** **Dual** Thriller with Karen Gillan. (2022, 15, 94min) ★★★★★
- 5.35** **The Day of the Jackal** Crime thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
- 8.00** **The Hobbit: An Unexpected Journey** Fantasy adventure starring Martin Freeman and Ian McKellen. Home-loving hobbit Bilbo Baggins joins a company of dwarves on a perilous quest to reclaim their lost kingdom. (2012, 12, 165min) ★★
- 10.50** **Mad Max: Fury Road** Thriller starring Tom Hardy. A drifter in a post-apocalyptic wasteland helps a warrior to liberate a sadistic warlord's five brides. (2015, 15, 120min) ★★★★★
- 12.55** AM **Ex Machina** Sci-fi drama. (2014, 15, 104min) ★★★★★
- 2.50** **After Yang** Sci-fi action drama. (2022, PG, 96min) ★★★★★
- 4.30** to **6.00** AM **Rashomon** Japanese director Akira Kurosawa's drama. Subtitled. (1950, b/w, 12, 88min) ★★★★★

Sky Cinema Action

307 407 507 521

- 6.20** AM **Bullet to the Head** (2012)
- 8.00** **Hounds of War** Action thriller. (2024, 15, 95min) ★★
- 9.40** **Bloodshot** (2020, 12) ★★
- 11.35** **Meg 2: The Trench** Thriller sequel. (2023, 12, 115min) ★★
- 1.35** PM **Snow White and the Huntsman** (2012, 12) ★★
- 3.45** **Blue Beetle** Adventure. (2023, 12, 127min) ★★★★★
- 6.00** **Godzilla x Kong: The New Empire** Adventure sequel. (2023, 12, 115min) ★★



8.00 The Fall Guy

- 8.00** **The Fall Guy** Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. With Aaron Taylor-Johnson. (2023, 12, 126min) ★★★★★
- SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.10** **Shooter** Action thriller starring Mark Wahlberg and Danny Glover. A former Marine sniper is framed for a political assassination and forced to go on the run. (2007, 15, 125min) ★★★★★
- SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.20** AM **Pompeii** Disaster movie. (2014, 12, 104min) ★★

- 2.10** **Bullet to the Head** Thriller. (2012, 15, 89min) ★★

- 3.45** **Sisu** Wartime action thriller. (2022, 15, 88min) ★★
- 5.25** to **7.00** AM **King of Killers** Thriller. (2023, 15, 92min) ★

Sky Cinema Greats

304 404 504 518

- 6.25** AM **The Way of the Dragon**
- 8.15** **Days of Thunder** As 2.20am.
- 10.15** **Beverly Hills Cop** Comedy. (1984, 15, 105min) ★★★★★
- 12.15** PM **Beverly Hills Cop II** Comedy sequel. (1987, 15, 99min) ★★
- 2.15** **Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy. (1994, 15, 104min) ★★
- 4.05** **The Italian Job** Crime caper. (1969, PG, 100min) ★★★★★
- 6.00** **Back to the Future** Comedy fantasy starring Michael J. Fox. A teenager is sent back in time to 1955 and must ensure that his future parents fall in love. (1985, PG, 115min) ★★★★★
- 8.00** **Superman** Adventure starring Christopher Reeve, Margot Kidder and Marlon Brando. (1978, PG, 143min) ★★★★★
- 10.25** **Star Trek The Motion Picture** Sci-fi adventure starring William Shatner and Leonard Nimoy. (1979, U, 132min) ★★
- 12.35** AM **The Italian Job** As 4.05pm.
- 2.20** **Days of Thunder** High-speed drama starring Tom Cruise. (1990, 15, 107min) ★★
- 4.15** to **6.00** AM **The Way of the Dragon** Martial arts action adventure starring Bruce Lee. (1972, 18, 99min) ★★

Sky Cinema Comedy

308 408 508 522

- 7.20** AM **Relax, I'm from the Future**
- 9.00** **Downsizing** Sci-fi comedy. (2017, 15, 135min) ★★★★★
- 11.20** **Big Daddy** Comedy drama. (1999, 12, 95min) ★★
- 1.00** PM **Superbad** Teen comedy. (2007, 15, 113min) ★★★★★
- 2.55** **Sausage Party** Animation. (2016, 15, 89min) ★★
- 4.30** **White Chicks** Slapstick comedy. (2004, 15, 109min) ★
- 6.30** **Disaster Movie** Spoof comedy. (2008, 12, 86min) ★



6.30 Disaster Movie

- 8.00** **Trainwreck** Comedy drama starring Amy Schumer and Bill Hader. A journalist who lives her life by the maxim that monogamy does not work has second thoughts when she falls for an interviewee. (2015, 15, 124min) ★★★★★
- SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.10** **The Accidental Husband** Romantic comedy with Uma Thurman, Colin Firth and Jeffrey Dean Morgan. (2008, 12, 86min) ★
- SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.50** **The Brits Are Coming** Crime caper. (2018, 15, 90min) ★

- 1.30** AM **Relax, I'm from the Future** Comedy starring Rhys Darby. (2023, 15, 94min) ★★

- 3.10** **Spoiler Alert** Comedy drama. (2022, 15, 112min) ★★

- 5.10** to **6.55** AM **Don't Tell Mom the Babysitter's Dead** Comedy remake with Simone Joy Jones. (2024, 15, 99min) ★★

Sky Cinema Animation

305 412 500 514

- 6.00** AM **Under the Boardwalk** Animation. (2023, PG) ★★
- 7.45** **Hotel Transylvania** Animation. (2012, U, 91min) ★★★★★
- 9.30** **The Super Mario Bros Movie** Animated family adventure. (2022, PG, 92min) ★★
- 11.20** **Over the Hedge** Animation. (2006, U, 83min) ★★★★★
- 12.55** PM **Gnomeo & Juliet** Animated comedy. (2011, U, 83min) ★★
- 2.25** **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
- 4.00** **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★
- 5.35** **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★★
- 7.15** **Canterville Ghost** Animation. (2023, PG, 89min) ★★
- 8.50** **Amazing Maurice** Animation. (2022, PG, 93min) ★★★★★
- 10.30** **Curious George** Animation. (2006, U, 87min) ★★★★★
- 12.05** AM **Batman Unlimited: Mechs vs Mutants** (2016, PG) ★★
- 1.30** **The Inventor** (2023, PG) ★★
- 3.15** **Batman Unlimited: Animal Instincts** (2015, PG) ★★
- 4.40** to **6.05** AM **The Adventures of Tom Thumb and Thumbelina** Animation. (2002, U, 72min) ★★

Sky Cinema Thriller

309 409 509 523

- 6.40** AM **Public Enemies** Biopic. (2009, 15, 140min) ★★★★★
- 9.05** **The Sum of All Fears** Thriller. (2002, 12, 119min) ★★★★★
- 11.20** **Blackhat** Crime drama. (2015, 15, 128min) ★★★★★
- 1.45** PM **Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★
- 3.50** **Poker Face** Crime thriller. (2022, 15, 120min) ★★
- 5.35** **Now You See Me 2** Thriller sequel with Morgan Freeman. (2016, 12, 124min) ★★



5.35 Now You See Me 2

- 8.00** **In the Line of Fire** Thriller starring Clint Eastwood as a veteran secret service agent trying to stop a psycho killer assassinating the US President. With John Malkovich, Rene Russo and Dylan McDermott. (1993, 15, 127min) ★★★★★
- SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.10** **Battle Royale II: Requiem** Japanese sci-fi thriller sequel starring Tatsuya Fujiwara and Shugo Oshinari. Subtitled. (2003, 18, 133min) ★★
- SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.35** AM **Caddo Lake** Thriller starring Dylan O'Brien. (2024, 12, 99min) ★★

- 2.25** **The Lesson** Romantic thriller starring Daryl McCormack. (2023, 15, 103min) ★★

- 4.20** **One Day as a Lion** Thriller. (2023, 15, 87min) ★★

- 5.55** to **7.40** AM **Eileen** Thriller. (2023, 15, 97min) ★★★★★

Movies 24

312 419

- 7.00** AM **The Real West** Romantic comedy. (2024, PG, 84min) ★★
- 9.00** **An American in Austen** Comedy. (2024, PG, 84min) ★★
- 11.00** **Unthinkably Good Things** Drama. (2022, PG, 84min) ★★
- 1.00** PM **A Safari Romance** Comedy. (2023, PG, 84min) ★★
- 3.00** **Pumpkin Everything** Romantic comedy drama starring Taylor Cole. (2022, PG, 84min) ★★
- 5.00** **A Nashville Legacy** Romantic comedy. (2023, PG, 85min) ★★
- 7.00** **Moriah's Lighthouse** Romantic comedy starring Rachelle Lefevre. (2022, PG, 84min) ★★
- 9.00** **Mr Pawsitively Perfect** Romantic drama with Christine L. Nguyen and Jamie Spilchuk. A marketing designer's foster dog is adopted by someone she fears only wants the dog for his image. (2023, PG, 90min) ★★
- 11.00** **The Marry Me Pact** Romantic comedy. (2023, PG, 88min) ★★
- 1.00** AM **Fashionably in Love** Romantic comedy with Andrew Bushell. (2023, PG, 87min) ★★
- 3.00** to **5.00** AM **Planning on Forever** Romantic comedy. (2022, PG, 89min) ★★

Movies 24+ 315 420

Film4

313 855 428 14 300

- **Films start at 11.00am**
- 11.00** AM **It Came from Beneath the Sea** Thriller. (1954, b/w, U) ★★
- 12.40** PM **Ride Lonesome** Western. (1959, 12, 73min) ★★★★★
- 2.10** **The Guns of Fort Petticoat** Western. (1958, PG) ★★
- 3.50** **Buchanan Rides Alone** Western. (1958, U, 78min) ★★
- 5.30** **7th Cavalry** (1956, U) ★★
- 7.05** **Jerry & Marge Go Large** Fact-based comedy drama. (2022, 12, 92min) ★★★★★



11.05 The Lovely Bones

- Jerry & Marge Go Large** (film started at 7.05pm)
- SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00** **The Black Phone** Horror starring Mason Thames and Ethan Hawke. In 1970s North Denver, detectives attempt to catch a masked predator nicknamed The Grabber. With Madeleine McGraw and Jeremy Davies. (2022, 15, 103min) ★★
- SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.05** **The Lovely Bones** Crime drama based on Alice Sebold's bestseller, starring Mark Wahlberg and Saoirse Ronan. A murdered girl observes her family's attempts to solve the mystery of her disappearance. (2009, 12, 135min) ★★★★★
- 1.45** to **3.40** AM **Una** Drama starring Rooney Mara. (2016, 15, 94min) ★★

+1 hour 314 430 47 301

Talking Pictures

328 445 82 306

- 6.00** AM **Jackpot** Crime drama. (1960, b/w, PG, 71min) ★★
- 7.20** **Escape Route** Espionage thriller. (1952, b/w, PG, 79min) ★★
- 9.00** **What's On TPTV with Noel**
- 9.15** **The Limping Man** Thriller. (1954, b/w, PG, 76min) ★★
- 10.45** **Tom Brown's Schooldays** Drama. (1951, b/w, U) ★★
- 12.35** PM **Kansas Pacific** Western. (1952, PG, 73min) ★★
- 2.05** **The Bargee** Comedy drama. (1964, PG, 106min) ★★
- 4.15** **Look at Life** Documentary.
- 4.25** **The Beverly Hillbillies** (S2)
- 4.55** **Scotland Yard 1/39** (S1)
- 5.30** **Dixon of Dock Green** (S20)
- 6.30** **Out of Town** Documentary.
- 7.00** **The Footage Detectives**
- 8.00** **Public Eye 8/13** (S5)
- 9.05** **Who Is Killing the Great Chefs of Europe?** Mystery comedy. (1978, PG, 112min) ★★
- 11.15** **Run for the Sun** Adventure. (1956, PG, 95min) ★★
- 1.10** AM **At War with the Army** Comedy starring Dean Martin. (1950, b/w, U, 100min) ★
- 3.00** **Penny Serenade** Comedy. (1941, b/w, U, 120min) ★★
- 5.20** **Look at Life** Documentary.
- 5.30** to **6.00** AM **Dangerous Assignment**

Sky Sports	Main Event
401 511 501 419 439	
6.00	AM Sky Sports News
7.00	LIVE WTA Tennis Coverage of the second day of the WTA Dubai Tennis Championships, a hard-court tournament staged at Aviation Club Tennis Centre.
11.30	LIVE WTA & ATP Tennis Coverage from the Tours, featuring the WTA Dubai Tennis Championships, ATP Doha Open and ATP Rio de Janeiro Open.
7.00	PM LIVE EFL Leeds United v Sunderland. Coverage of the Championship match at Elland Road. The reverse fixture back in October saw Ian Meslier's error hand Sunderland a point in a 2-2 draw. Kick-off is at 8.00pm.
10.30	LIVE TGL Atlanta Drive Golf Club v The Bay Golf Club. Coverage of the match in the team competition staged at Palm Beach Gardens in Florida.
11.00	Sky Sports News
11.30	Back Pages Tonight
12.00	M/T LIVE TGL The Bay Golf Club v Boston Common Golf. Coverage of the match in the team competition staged at Palm Beach Gardens in Florida.
2.00	to 6.00 AM Sky Sports News

TNT Sports 1

410 870 527 408 430

6.00

AM Premier League Review

7.00

Premier League Stories

7.30

Premier League: Big Interview

8.00

Premier League

9.30

Champions League Magazine

10.00

UEFA Europa League & Conference League Magazine

11.00

Serie A Action from Italy.

1.00

PM Premier League Review

2.00

Fight Night Beterbiev v Bivol.

3.00

Sign Up – Into Football

3.45

LIVE Women's Bundesliga VfL Wolfsburg v Eintracht Frankfurt. Coverage of the match staged at Volkswagen Arena. Kick-off is at 3.45pm.

5.45

Kenny Allstar's Number 1's

6.00

LIVE Ultimate Pool Coverage of Group Seven of the Champions League, as some of the country's leading eightball players battle it out for places in the next stage.

9.30

Champions League Magazine

10.00

WRC Review A look back at the latest action from Rally Sweden.

11.00

Women's Bundesliga

12.00

M/T Fishing: On the Bank

1.00

AM Formula E Highlights

3.00

WRC Review Rally Sweden.

4.00

Fight Night Beterbiev v Bivol.

5.00

to 6.00 AM Fishing

TNT Sports 4

421 876 530 411 434

6.00 AM **MLB Classic** Highlights of the All-Star games from the archives.

10.00 **NBA on Fire** The latest news.

10.30 **NBA All-Star Rising Challenge.**

11.30 All-Star Saturday Night.

1.00 PM **NBA** Another chance to see this year's NBA All-Star Game.

2.30 **NBA on Fire** The latest news from the world of the NBA.

3.00 **NBA Classic** Golden State Warriors v Cleveland Cavaliers from the 2015/16 season.

5.00 **Formula E** Highlights from the Jeddah ePrix first race staged at Jeddah Corniche Circuit.

6.00 Jeddah ePrix second race.

7.00 **NBA All-Star Rising Challenge.**

8.00 Highlights from the All-Star Saturday Night.

9.30 **NBA** The All-Star Game.

11.00 **NBA on Fire** The latest news from the world of the NBA.

11.30 **MLB Classic** Archive action.

1.30 AM **NBA on Fire** The latest news.

2.00 to **6.00** AM **NBA**

Sky Sports	Premier League
402 512 502 420 440	
6.00	AM PL Greatest Games
7.00	Premier League Highlights
10.00	The Football Show
11.00	Ref Watch Refereeing decisions.
12.00	NOON The Football Show
1.00	PM Premier League Highlights
1.30	Aston Villa v Ipswich Town.
2.00	Highlights from Manchester City v Newcastle United.
2.30	Crystal Palace v Everton.
3.00	Action from Southampton v Bournemouth at St Mary's.
3.30	West Ham United v Brentford at London Stadium.
4.00	Aston Villa v Ipswich Town.
4.30	Fulham v Nottingham Forest.
5.00	Best PL Goals: Arsenal
6.00	Ref Watch Refereeing decisions.
6.30	Premier League 100 Club
7.00	Premier League Review
8.00	Gary Neville's Soccerbox
9.00	Premier League Review
10.00	Premier League Icons
11.00	Premier League Years
1.00	AM PL Retro A replay of Manchester United v Tottenham Hotspur from May 1999.
3.00	PL Greatest Games
4.00	Premier League Best Goals
5.30	to 6.00 AM Premier League 100 Club

TNT Sports 2

411

871

528

409

431

6.00

AM **A-League** Recent action from the Australian football league

11.00

The Football's On A A humorous look at the week's football stories.

12.00

NOON **Formula E** Highlights of the Jeddah ePrix first race.

1.00

PM Highlights from the Jeddah ePrix second race.

2.00

Serie A AC Milan v Hellas Verona

3.00

Juventus v Inter Milan

4.00

Fight Night A look ahead to Artur Beterbiev v Dmitry Bivol.

5.00

Premiership Women's Rugby Saracens v Exeter Chiefs.

6.00

Premiership Rugby Cup Action from Harlequins v Saracens.

7.00

WRC Review A look back at the latest action from Rally Sweden.

8.00

The Football's On A A humorous look at the week's football stories with Ian Stone and guests.

9.00

Fishing: On the Bank Featuring fly fishing action from the Airflo Spring Invitational 2024.

10.00

A-League Action from Melbourne Victory v Wellington Phoenix.

11.00

The key moments from Melbourne City v Perth Glory.

12.00

M/T A-League Recent action from the Australian football league

3.00

AM **Premier League Legends**

5.00

to 6.00 AM **Formula E**

Eurosport 1

413

870

521

412

435

6.00

AM Ski Jumping From Japan.

8.00

Cylo-Cross From Sint-Niklaas.

9.00

Show Jumping From Bordeaux.

10.00

Australian Open Tennis

11.00

Snooker: Welsh Open

1.00

PM Ski Jumping From Japan.

3.00

Alpine Skiing From Austria.

5.00

Cycling: Tour of Oman A look back at all five stages of the race.

6.00

Biathlon Action from the mixed relay in Lenzerheide, Switzerland.

7.00

The women's 7.5km sprint from Lenzerheide, Switzerland.

8.00

Snooker: Welsh Open Action from the final in Llandudno.

10.00

Cycling: Men's UAE Tour Highlights from the opening stage

11.00

Cycling: Jaen Classic

12.00

M/T Cycling: European Track Championships From Belgium.

1.30

AM Cylo-Cross

2.00

Alpine Skiing In Saalbach.

4.00

Cycling: Clacica de Almeria

5.00

to 6.00 AM Cycling: Men's UAE Tour

Sky Sports	Football
403 513 503 421 441	
6.00	AM EFL Highlights Play-offs.
9.00	Scottish Premiership Round-Up
9.15	SPFL Highlights
9.30	EFL Greatest Games
10.00	SPFL Greatest Games
12.00	NOON Scottish Premiership Round-Up Recent action.
12.15	PM SPFL Highlights
12.30	WSL Manchester City v Liverpool.
1.00	EFL Highlights
3.00	Scottish Premiership Round-Up
3.15	SPFL Highlights
3.30	EFL Highlights
4.00	WSL Manchester City v Liverpool.
4.30	EFL Highlights Championship.
5.30	Scottish Premiership Round-Up
5.45	SPFL Highlights Highlights from Hearts v Rangers at Tynecastle.
6.00	Bundesliga Highlights Show
7.00	LIVE EFL Leeds United v Sunderland. Coverage of the Championship match at Elland Road, as the promotion rivals go head to head. Kick-off 8.00pm.
10.30	Bundesliga Highlights Show
11.30	EFL Greatest Games
12.00	M/T Championship Retro
2.00	AM EFL Rivalries
2.30	EFL Greatest Games
4.00	EFL Cup The 2016 final.
5.00	to 6.00 AM EFL Highlights

TNT Sports 3

417 874 529 410 432

6.00 AM **Premiership Rugby Cup**
Harlequins v Saracens.

7.00 **Premiership Women's Rugby**
Saracens v Exeter Chiefs.

8.00 **Rylan: Homophobia, Football and Me** Documentary in which TV personality Rylan looks at homosexuality within football.

9.00 **O Arise, All You Sons** The story of cricket in Papua New Guinea.

10.00 **One Day International Cricket**
Action from Sri Lanka v Australia.

11.00 **Test Cricket Highlights**
India v New Zealand in the first Test in the three-match series.
1.00 PM The second Test between India and New Zealand.
3.00 Action from India v New Zealand in the third and final Test.

5.00 **Test Cricket Highlights** Action from New Zealand v England in the first of three Test matches at Hagley Oval in Christchurch.
6.30 The second Test between New Zealand and England.
8.00 Highlights of New Zealand v England in the third and final Test.

9.30 **UFC** Another chance to see Jared Cannonier v Gregory Rodrigues.

12.30 AM **UFC Main Event**

5.30 to **6.00 AM** **UEFA Champions League Magazine**

Eurosport 2

414 871 522 413 436

6.00

AM Masters Snooker

8.00

Biathlon In Lenzerheide.

9.00

Cycling: Tour of Murcia

9.55

Cycling: Clacica de Almeria

10.50

LIVE

Cycling: Men's UAE Tour Coverage of stage one, a 138km route from Madinat Zayed Shams Solar Park to Liwa Palace.

12.45

PM Cycling: European Track Championships

2.15

LIVE

Cycling: Jaen Classic The men's one-day race in Spain.

4.30

Snooker: Welsh Open Action from the final in Llandudno.

6.30

Cycling: European Track Championships Action from day five in Heusden-Zolder, Belgium.

8.00

Cycling: Men's UAE Tour

9.00

Cycling: Jaen Classic The men's one-day race in Spain.

10.00

Alpine Skiing From Saalbach.

11.00

World Superbikes

2.00

AM Cycling: Men's UAE Tour

3.00

Cycling: Jaen Classic

4.00

to 6.00 AM Ski Jumping

Sky Sports	Cricket
404 514 504 422 442	
6.00	AM WPL Recent T20 action.
7.00	ICC Men's T20 World Cup
8.00	ICC Champions Trophy Cricket
10.00	ICC Men's T20 World Cup
11.00	WPL Highlights from India.
12.00	NOON IPL Recent action.
12.55	PM WPL Gujarat Giants v UP Warriorz at Kotambi Stadium.
1.50	LIVE WPL Delhi Capitals v Royal Challengers Bengaluru. Coverage of the T20 match from Kotambi Stadium in Vadodara, in a repeat of last year's final. Bengaluru won the showpiece event last March by eight wickets as they chased down their target of 114 with three balls to spare, mainly thanks to Australia's Ellyse Perry's 35 not out off 37 balls.
5.30	ICC Women's World Cup 2017
6.00	ICC Champions Trophy Cricket
7.00	ICC Men's T20 World Cup
8.00	WPL Highlights from India.
9.00	ICC Champions Trophy Cricket
10.00	WPL Action from Delhi Capitals v Royal Challengers Bengaluru.
11.00	ICC Men's T20 World Cup
1.00	AM WPL A replay of Delhi Capitals v Royal Challengers Bengaluru.
4.40	Ashes Greats Archive action.
5.00	to 6.00 AM IPL

Sky Sports	Action
408 517 507 426 446	
6.00	AM Super League Highlights
7.00	Fight Night International
8.00	NFL Highlights
9.00	Super League Highlights
10.00	NFL Highlights Recent action.
11.00	Fight Night International
12.00	NOON NFL Highlights
1.00	PM Good Morning Football The latest NFL news and talking points.
3.00	Fight Night International Artur Beterbiev v Marcus Browne.
4.00	Shakur Stevenson v Jeremia Nakathila from 2021.
5.00	Super Bowl LIX Highlights Kansas City Chiefs v Philadelphia Eagles at Caesars Superdome.
6.00	NBC's Pro-Football Talk Mike Florio and Chris Simms discuss the biggest NFL stories.
8.00	Fight Night International Artur Beterbiev v Dmitry Bivol.
10.00	Artur Beterbiev v Marcus Browne from December 2021.
11.00	NFL Highlights
12.00	M/T The Insiders The latest news covering all 32 NFL teams.
1.00	AM Fight Night International
2.00	NFL Highlights Recent action.
4.00	NFL Bitesize Highlights
5.00	to 6.00 AM NFL Highlights

Sky Sports	Sky Sports+
412 518 508 427 447	
6.00	AM Sky Sports News
7.00	LIVE WTA Tennis Coverage of the second day of the WTA Dubai Tennis Championships staged at Aviation Club Tennis Centre.
11.30	LIVE WTA & ATP Tennis Coverage from the Tours, featuring the WTA Dubai Tennis Championships, ATP Doha Open and ATP Rio de Janeiro Open.
7.30	PM LIVE ATP Tennis Coverage of the opening day of the ATP Rio de Janeiro Open at Jockey Club Brasileiro in Rio de Janeiro, Brazil.
11.30	Back Pages Tonight The sports headlines in tomorrow's papers.
12.00	M/T Sky Sports News
12.30	AM Back Pages Tonight
1.00	Sky Sports News
1.30	Back Pages Tonight
2.00	Sky Sports News
2.30	Back Pages Tonight
3.00	Sky Sports News
3.30	Back Pages Tonight
4.00	to 6.00 AM Sky Sports News

Sky Sports	Golf
405 515 505 423 443	
6.00	AM Ladies European Tour Golf
10.00	PGA Tour Golf Recent action.
3.30	PM Golf Academy
4.00	Golf's Greatest Holes
4.30	Uncommon: Building a Boston Sports Team
5.00	PGA Tour Golf Highlights.
6.00	LIVE TGL Atlanta Drive Golf Club v Los Angeles Golf Club. Coverage of the first of today's matches in the team competition at Palm Beach Gardens in Florida.
8.00	Nick Dougherty's Tee Time Tips
8.30	Golf's Greatest Holes
9.00	LIVE TGL Atlanta Drive Golf Club v The Bay Golf Club. Coverage of the second of today's matches in the team competition.
11.00	Nick Dougherty's Tee Time Tips
11.30	Uncommon: Building a Boston Sports Team
12.00	M/T LIVE TGL The Bay Golf Club v Boston Common Golf. Coverage of today's third and final match at Palm Beach Gardens.
2.00	AM PGA Tour Golf
5.00	to 6.00 AM Golf Academy

Sky Sports	Tennis
407 537 520 425 445	
6.00	AM WTA Tennis The Doha Open.
7.00	LIVE WTA Tennis Coverage of the second day of the WTA Dubai Tennis Championships staged at Aviation Club Tennis Centre.
11.30	LIVE WTA & ATP Tennis Featuring the ATP Doha Open and ATP Rio de Janeiro Open.
7.30	PM LIVE ATP Tennis The first day of the Rio de Janeiro Open at Jockey Club Brasileiro in Brazil.
2.00	AM Bitesize Tennis Highlights.
2.15	Frances Tiafoe Podcast 2024
2.30	Mirra Andreeva Podcast 2024
2.45	Bitesize Tennis Highlights.
3.00	to 6.00 AM ATP Tennis

Sky Sports	Mix
416 873 510 429 449	
6.00	AM Super League Highlights
7.00	Fight Night International
9.00	Premier League Darts Night two at OVO Hydro in Glasgow.
1.00	PM Super League Highlights
2.00	Best of ICC WT20
2.30	Super League Highlights
3.00	ICC Men's T20 World Cup Action from Australia v India.
4.00	PGA Tour Champions Action from the Trophy Hassan II.
5.00	WTA Tennis Doha Open final.
6.00	Playing Lessons
7.00	ATP Tennis Marseille Open final.
9.00	WTA Tennis Doha Open final.
10.00	Golf's Greatest Holes
10.30	Uncommon: Building a Boston Sports Team
11.00	PGA Tour Golf Recent action.
12.00	M/T ATP Tennis Highlights.
2.00	AM NFL Highlights
4.00	PGA Tour Golf Genesis Open.
5.00	to 6.00 AM Golf Academy

Sky Sports	F1
406 516 506 424 444	
6.00	AM Ted's Notebook
6.30	Formula 1 A chance to see the 2024 Canadian Grand Prix.
10.45	Ted's Notebook
11.15	Lewis's Mercedes Farewell
11.30	Lewis's Secret Cinema
12.00	NOON Formula 1 A replay of the 2024 Austrian Grand Prix.
4.35	PM Ted's Notebook
5.05	Ted Drives: F4 Cars
5.15	Nicolas Hamilton
6.00	Formula 1 Another chance to see the 2024 British Grand Prix.
10.50	Ted's Notebook
11.25	F1 Explained: G-Force
11.30	Lewis's Mercedes Farewell
11.45	Ted Drives: F1 Car
12.00	M/T to 6.00 AM The Home of F1

Motorsport

NEW



F1 75 Season Launch

Sky Showcase, Sky Sport Main Event & Sky Sports F1, 8pm

Coverage of the live event to launch the 75th F1 season at The O2 in London.

Documentary

NEW



The Real Unforgotten

ITV1, 9pm (box set, ITVX)

Following detectives as they reinvestigate the case of Carol Morgan, who was found murdered in Bedfordshire in 1981.

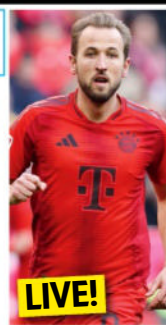
OnDemand



Champions League

Kick-off 8pm

Coverage of Bayern Munich v Celtic, as the teams battle it out to stay in the competition.



LIVE!

OnDemand



Court of Gold

Available today

Following basketball teams from Canada, USA, Serbia and France in the run up to the Olympics.



NEW

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Sort Your Life Out with Stacey Solomon	9.00 Waterloo Road	10.00 News; Local News
102 BBC2	7.00 Villages by the...	7.30 Mary Berry's...	8.00 Great British Menu	9.00 David Mitchell's Outsiders	9.45 Live at the Apollo
103 ITV1	6.30 News	7.30 Emmerdale	8.00 Coronation Street	9.00 The Real Unforgotten	10.10 News; Local News
104 CHANNEL 4	7.00 News		8.00 The Fear Clinic: Face Your Phobia	9.00 Top Guns: Inside the RAF	10.00 Gogglebox
105 CHANNEL 5	7.00 Alan Titchmarsh's Underdog to...		8.00 Dogs Behaving (Very) Badly	9.00 Murder Suspect No 1	10.30 The Body in...
106 SKY SHOWCASE	7.00 The Simpsons		8.00 F1 75 Season Launch		10.00 Williams & Mansell: Red 5

ENTERTAINMENT

115 BBC3	7.00 Top Gear	8.00 EastEnders Revealed...	8.50 EastEnders...	9.20 Film: Long Shot	
116 BBC4	7.00 The Architecture the Railways Built	8.00 Going Straight	8.30 As Time Goes By	9.00 Princess Margaret: The Rebel Royal	10.00 Storyville: Gaucho Gaucho...
118 ITV2	7.00 Deal or No Deal	8.00 Gordon Ramsay's Food Stars USA		9.00 Georgia Harrison: Porn, Power, Profit	10.00 The Sex Lives of College Girls
136 MORE4	6.55 Car S.O.S.	7.55 Grand Designs		9.00 PopMaster TV	10.00 Perfect Pub Walks with Bill Bailey
135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons	9.00 Celebrity Gogglebox	10.00 First Dates
107 SKY WITNESS	7.00 Nothing to Declare	8.00 FBI: Most Wanted		9.00 The Cleaning Lady	10.00 The Rookie
108 SKY ATLANTIC	6.50 Billions	7.55 Game of Thrones		9.00 Mussolini: Son of the Century	10.05 Homicide: Life on the Street
110 U&GOLD	6.40 Dad's Army	8.00 The Good Life	8.35 The Vicar of Dibley	9.55 The Cleaner	10.35 The Good...
111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games		9.00 QI XL	10.00 Have I Got a Bit More News for You
119 ITV3	6.55 Heartbeat	8.00 Vera			10.00 Endeavour
120 ITV4	7.00 The Motorbike Show	8.00 World Rally Championship Highlights		9.00 Giant Lobster Hunters	10.00 Film: Snowpiercer
112 COMEDY CENTRAL	7.00 Friends			9.00 Film: American Made	
139 SKY SCI-FI	7.00 Warehouse 13	8.00 Stargate SG-1		9.00 Grimm	10.00 The Walking Dead
113 SKY MAX	7.00 Stargate SG-1	8.00 An Idiot Abroad		9.00 Film: One More Shot	
109 U&ALIBI	7.00 The Mentalist	8.00 White Collar		9.00 Death in Paradise	10.00 Father Brown
130 SKY ARTS	7.00 The Alfred Hitchcock Hour	8.00 Cirque du Soleil: Zaia		9.00 National Theatre Live: Othello	
132 U&W	7.00 MasterChef USA	8.00 Pete Wicks: For Dogs' Sake		9.00 Multiple Birth Wards	10.00 At Home with Katherine Ryan

DOCUMENTARY

125 DISCOVERY	7.00 Salvage Hunters	8.00 Kindig Customs	9.00 Gold Rush	10.00 Harpoon Hunters
162 ANIMAL PLANET	7.00 Crikey! It's the Irwins	8.00 Flying Wild Alaska	9.00 Pit Bulls & Parolees	10.00 Alaskan Bush People
129 NAT GEO	7.00 Air Crash Investigation	8.00 Hitler's Death Army: Das Reich		10.00 Nazi Megastructures
123 SKY HISTORY	7.00 Forged in Fire	8.00 History's Greatest Aircraft	9.00 The Proof Is Out There	10.00 Prison Chronicles
155 U&YESTERDAY	7.00 Speed with Guy Martin: F1 Challenge	8.00 Robson's Extreme Fishing Challenge	9.00 Bangers & Cash	10.00 Bangers & Cash: Restoring Classics
121 SKY DOCS	7.00 Janet Jackson	8.00 Yacht Rock: A Documentary		10.00 Boyzone: No Matter What

FILMS - Sky Cinema

301 PREMIERE	5.50 The Bikeriders	8.00 The Line	10.00 Furiosa: A Mad Max Saga
302 AWARDS SEASON	5.20 Zero Dark Thirty	8.00 The Hobbit: The Desolation of Smaug	
303 HITS	5.55 Inferno	8.00 How to Lose a Guy in 10 Days	10.00 Bad Boys
304 GREATS	6.10 Back to the Future Part II	8.00 Superman II	10.10 Star Trek II: The Wrath of Khan
305 ANIMATION	7.25 10 Lives	9.10 The Inventor	
306 HARRY POTTER	5.05 Fantastic...	7.30 Harry Potter and the Philosopher's Stone	10.05 Harry Potter and the Chamber...
307 ACTION	5.50 King Arthur: Legend of the Sword	8.00 Man of Steel	10.30 Superman...
308 COMEDY	6.00 Seven Psychopaths	8.00 Mr Deeds	9.45 Spoiler Alert
309 THRILLER	5.40 In the Line of Fire	8.00 Jack Reacher: Never Go Back	10.10 Law Abiding Citizen
310 DRAMA	5.00 Beau Is Afraid	8.00 The Unlikely Pilgrimage of Harold Fry	9.50 Black Dog
311 SCI-FI	6.05 Five Nights at Freddy's	8.00 World War Z	10.05 Biosphere
313 FILM4	6.45 Bend It Like Beckham	9.00 Bad Boys for Life	

SPORT

401 MAIN EVENT	11.30 Tennis - Live	7.30 Sky Sports News	8.00 F1 75 Season Launch	10.00 Tennis - Live: ATP Rio de Janeiro Open
402 PREMIER LEAGUE	7.00 PL Review		8.00 Netbusters	8.30 Gary Neville's...
403 FOOTBALL	7.00 EFL Highlights		8.00 Bundesliga Highlights Show	9.00 PL Review
404 CRICKET	6.00 Quest...	7.30 ICC Men's T20...	8.00 WPL	9.00 ICC Champions Trophy Cricket
410 TNT SPORTS 1	7.00 UEFA Champions League - Live: Atalanta v Club Brugge (Kick-off 8.00)			10.00 WPL
411 TNT SPORTS 2	5.30 UEFA Champions League - Live: AC Milan v Feyenoord (Kick-off 5.45); Benfica v Monaco (Kick-off 8.00)			10.30 PL Reload



BBC1

101 101 1 101 101

- 6.00** AM Breakfast (S)
9.30 Morning Live **New edition** (S)
10.45 Critical Incident (S)(R)
11.15 Homes Under the Hammer **New edition** From Dover. (S)(AD)
12.15 PM Bargain Hunt (S)(R)(AD)
1.00 BBC News (S)
1.35 Local News (S)
1.45 BBC News (S)
2.00 The Big Idea Works **New edition** A rotating plant pot idea. (S)(AD)
2.30 Rick Stein's Food Stories (S)(R)
3.00 Escape to the Country **New edition** From Somerset. (S)
3.45 Antiques Road Trip **New edition** From the West Country. (S)
4.30 The Repair Shop on the Road **New edition** A soapbox racer. (S)
5.15 Pointless **New edition** Quiz. (S)
6.00 BBC News (S)
6.30 Local News (S)



8.00 Sort Your Life Out

- 7.00** The One Show
 Lauren Laverne and Roman Kemp host the topical show. (S)
7.30 EastEnders
 Cindy puts herself in control, Jean implores Stacey to confess, and a shock return changes everything. (S)(AD)

- 8.00** Sort Your Life Out with Stacey Solomon **New edition** 2/7. The Brearly-Baird family turn to the team for help transforming their cluttered three-bedroom home as mum Lynda faces an incurable breast cancer diagnosis. (S)(AD)

- 9.00** Waterloo Road **New episode** 2/8. Coral stands up for Aleena as secrets from her past resurface, and Schuey is forced to choose between forgiveness and giving in to his anger. (S15) (S)(AD)
 ■ Entire series on BBC iPlayer

- 10.00** BBC News (S)
10.30 Local News (S)
10.40 **NEW TO BBC1** EastEnders Revealed: The Lock-in
 Joe Swash hosts a lock-in at the Queen Vic with members of the cast of EastEnders to celebrate the soap's 40th anniversary. Previously on BBC3. (S)(AD)

- 11.25** Boarders 5/6. Leah is pushed into a competitive interschool competition by Xiang. (S)(R)(AD)
12.10 AM 6/6. Toby is determined to win Abby back by throwing the best party the school has ever seen. (S2) (S)(R)(AD)

- 1.00** The Traitors US 6/12. The Traitors work together as tensions in the turret reach breaking point. (S)(R)
2.00 Weather for the Week Ahead (S)
2.05 to **6.00** AM BBC News (S)

BBC2

102 102 2 102 102

- 6.30** AM Antiques Road Trip (S)(R)
7.15 The Repair Shop on the Road
 Steve Fletcher works on Manchester Town Hall's giant clock. (S)(R)(AD)
8.00 Sign Zone: Winterwatch (S)(R)
9.00 BBC News (S)
1.00 PM Impossible Quiz show. (S)(R)
1.45 Bridge of Lies Game show. (S)(R)
2.30 The Tournament Quiz show. (S)(R)
3.15 Dynasties Footage of emperor penguins in Antarctica. (S)(R)(AD)
4.15 Secret Britain The Lakes. (S)(R)
5.15 Flog It! (S)(R)
6.00 Richard Osman's House of Games **New edition** With Chris Bisson, Danielle Harold, Katharine Merry and Robert Webb. (S)
6.30 Robson Green's Weekend Escapes **New edition** 7/15. Actor Laura Norton joins Robson for a break in the Yorkshire Dales. (S)(AD)



9.00 David Mitchell's Outsiders

- 7.00** Villages by the Sea
 Ben Robinson travels to Seaton Sluice in Northumberland, home to the Delaval family. (S)(R)
7.30 Mary Berry's Simple Comforts
 1/6. Mary explores the world of simple comfort food. (S)(R)(AD)

- 8.00** Great British Menu **New edition** Four chefs from the north-east of England and Yorkshire prepare canapes, starters and fish dishes inspired by great Britons of the past. (S)
 ■ Continues tomorrow

- 9.00** David Mitchell's Outsiders
 3/6. David challenges the six comedians to come up with three new laws for their society, invent some holistic woodland therapies, and evade two pursuing bloodhounds. (S)(R)

- 9.45** Live at the Apollo
 Larry Dean introduces comedians Harriet Kemsley and Slim to the stage at London's Hammersmith Apollo. (S)(R)

- 10.30** Newsnight (S)

- 11.00** Weather (S)
11.05 Murder Trial: Body in the Warehouse Focusing on the case of 60-year-old army veteran Ean Coutts, whose burnt and decomposed body was discovered in an abandoned warehouse near Glenrothes, Fife, in 2020. (S)(R)

- 12.05** AM Sign Zone: Dragons' Den (R)
1.05 Sign Zone: This Farming Life (R)
2.05 Sign Zone: Sort Your Life Out with Stacey Solomon (S)(R)(AD)
3.05 to **6.30** AM Previews (S)

ITV1

103 103 803 103 3 103 103 103

- 6.00** AM Good Morning Britain (S)
9.00 Lorraine (S)
10.00 This Morning (S)
12.30 PM Loose Women (S)
1.30 ITV News (S)
1.55 Local News (S)
2.00 Dickinson's Real Deal David Dickinson and his team are in Barry, south Wales, to assess items brought in by members of the public including some Royal Doulton tiles and an unwanted diamond necklace. (S)(R)(AD)
3.00 Lingo **New edition** Word-based game show hosted by Adil Ray. (S)
4.00 Tipping Point Game show hosted by Ben Shephard. (S)(R)
5.00 The Chase **New edition** Quiz show hosted by Bradley Walsh. (S)
6.00 Local News (S)
6.30 ITV News (S)



8.00 Coronation Street

- 7.30** Emmerdale
 There is crash-inflicted chaos as the occupants of the limos fight to survive, the ice cracks and someone sinks below its surface. Eventually, a confession is made. (S)(AD)

- 8.00** Coronation Street
 Kit investigates what happened to Rob, David meets up with Andy, Mick's loud music disturbs George, and the hospital environment proves too much for Abi. (S)(AD)

- 9.00** **NEW SERIES** The Real Unforgotten
 1/2. Detectives reinvestigate the murder of Carol Morgan in the storeroom of her Bedfordshire corner shop in 1981. They re-examine the files, revisit the crime scene, and look for new witnesses as previously missed evidence points to a different theory. See feature, page 20. (S)(AD)
 ■ Entire series on ITVX

- 10.10** ITV News (S)

- 10.40** Local News (S)

- 10.55** The Jonathan Ross Show
 The host is joined by star of stage and screen Brian Cox, actor Christina Hendricks, Dancing on Ice judge Oti Mabuse and Strictly champion Chris McCausland. Plus, music by Snow Patrol. (S)(R)

- 12.00** M/T Teleshopping
3.00 AM The Real Unforgotten As shown at 9.00pm. (S)(SL)(R)
4.00 Unwind with ITV (S)
5.10 to **6.00** AM Ainsley's National Trust Cook Off (S)(SL)(R)(AD)

+1 hour 203 303 35 112

CHANNEL 4

104 104/108 804 108 4 104 104/106

- 6.25** AM Cheers 18-20/22. (S1) (S)(R)
7.45 Everybody Loves Raymond (S)(R)
9.10 Frasier 13-16/24. (S7) (S)(R)(AD)
11.10 Ramsay's Kitchen Nightmares USA Catch-up edition. (S)(R)
12.05 PM News (S)
12.10 Sun, Sea and Selling Houses (R)
2.10 Countdown **New edition** (S)
3.00 A Place in the Sun (S)(R)
4.00 A New Life in the Sun **New edition** Demolition begins for Tom and Terry in Spain. (S)
5.00 Four in a Bed **New edition** The second visit is to Bogenraith House in Aberdeenshire. (S)
5.30 Come Dine with Me **New edition** Aspiring model Ryan hosts the second dinner party in Leeds. (S)
6.00 A Place in the Sun **New edition** A couple search for a holiday home in Famagusta, Cyprus. (S)



8.00 The Fear Clinic: Face Your Phobia

- 7.00** News (S)

- 8.00** The Fear Clinic: Face Your Phobia **New edition** 5/6. Clinician Emma treats Jack's inherited arachnophobia by making him confront a live spider, and James enters the clinic to treat his fear of clowns. (S)(AD)

- 9.00** Top Guns: Inside the RAF **New edition** 3/6. A trainee pilot on his first-ever Typhoon flight has a cockpit emergency, and the whole of the RAF is rocked by a pilot's death in a tragic accident. (S)(AD)
 ■ Entire series on C4 Online

- 10.00** Gogglebox
 The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and lively discussions. (S)(R)(AD)

- 11.05** 8 Out of 10 Cats Does Countdown Joe Wilkinson and Rob Beckett take on Sarah Millican and Jamali Maddix. (S)(R)

- 12.05** AM Alone USA **New edition** 3/11. The participants prepare themselves for a harsh winter. (S)
 ■ Entire series on C4 Online

- 1.20** Ramsay's Hotel Hell (S)(SL)(R)(AD)
2.10 The Last Leg (S)(SL)(R)
3.05 The Great Pottery Throw Down 7/10. A sculpting challenge. (S)(R)
4.05 Frasier 18-21/24. (S3) (S)(R)
5.45 to **6.25** AM Countdown (S)(R)

+1 hour 204/208 304 15 121

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
9.15 Jeremy Vine (S)
11.30 Storm Huntley (S)
12.45 PM GPs: Behind Closed Doors
 Medical documentary. (S)(R)
1.40 News (S)
1.45 Home and Away (S)(R)(AD)
2.15 FILM Left for Dead:
 The Ashley Reeves Story
 Fact-based thriller with Anwen O'Driscoll and Jennie Garth. (S) (2021, 12, 105min) ★★
4.00 Bargain-Loving Brits in the Sun Jessica and Modesto are planning a wedding. (S)(R)(AD)
5.00 News (S)
6.00 Our Great Yorkshire Life Rob and Dave Nicholson try to find out more about their mother's side of the family. (S)(R)
6.55 News (S)



7.00 Underdog to Superdog

- 7.00 Alan Titchmarsh's Underdog to Superdog**
New edition 3/4. Drogo is introduced to a trainer who can help him become a water rescue dog. (S)
7.55 News (S)

- 8.00 Dogs Behaving (Very) Badly**
New edition Graeme Hall meets a potential future therapy dog for a school, who keeps playing the role of class clown rather than being a calming influence. (S)
9.00 Murder: Suspect No 1
New edition In Hull, three men are suspected of murdering 49-year-old Jonathan Huddy after he is beaten to death in his own home. The detectives attempt to overcome a major setback to the investigation and nail the killer. (S)
10.30 The Body in the Bin: Who Killed Louise Kam?
 The murder of 71-year-old mother and businesswoman Louise Kam, whose body was callously dumped in a wheelie bin. (S)(R)

- 11.30 Cause of Death (S)(R)**
12.30 AM Car Pound Cops (S)(R)
1.00 PlayOJ Live Casino Show (S)
3.00 Tony Robinson's History of Britain Documentary. (S)(R)
3.50 Supermarket Own Brands: The Big Taste Test (S)(R)
4.40 House Busters (S)(SL)(R)
5.10 Wildlife SOS (S)(SL)(R)
5.35 to 5.40 AM
 Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM Sky News Breakfast**
8.00 Border Patrol (S)(R)(AD)
9.00 Stargate SG-1 (S2) (S)(R)
11.00 Wildlife ER (S)(R)
12.00 NOON The Flash (S7) (S)(R)
1.00 PM S.W.A.T. (S6&7) (S)(R)(AD)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 Magnum P.I. (S5) (S)(R)(AD)
5.00 The Simpsons Not It: A young Homer is terrorised by a scary killer clown. (S)(R)
5.30 One Angry Lisa: Lisa gets called up for jury duty. (S)(R)
6.00 The Office (US) 3/24. The warehouse crew quit after winning the lotto jackpot. (S)(R)
6.30 4/24. Andy attempts to gain the respect of his family and his new boss by organising a garden party at Schrute Farms. (S8) (S)(R)



10.00 Williams & Mansell: Red 5

- 7.00 The Simpsons**
From Beer to Paternity:
 Homer goes on a road trip with Duffman and Lisa. (S)(R)
7.30 Step Brother from the Same Planet: Homer is upset when Grampa becomes a doting stepfather. (S)(R)

- 8.00 LIVE F1 75 Season Launch**
 For the first time in Formula 1 history, all 10 teams, their drivers and Team Principals come together for a night at The O2 in London to launch the start of Formula 1's 75th anniversary year. Featuring the unveiling of the teams' liveries, plus interviews with key figures from the sport.

- 10.00 Williams & Mansell: Red 5**
 Charting the rise of Nigel Mansell, the Williams F1 racing team and how they came together to fight for the Formula 1 World Drivers' Championship. (S)(R)(AD)

- 11.45 Brassic 1/6.** Tommo and Erin try to lure Vinnie out of hiding to help fleece a travelling circus with the aid of a disgruntled clown. (S2) (S)(R)(AD)
12.40 AM The Force: Manchester (R)
1.35 Brit Cops: Law & Disorder (R)
2.30 Road Wars (S)(R)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 Magnum P.I. (S5) (S)(R)(AD)
5.00 to 6.00 AM Motorway Patrol

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
 Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)
 (R)(AD) **1.00am Scotcast**
 (S)(R) **1.30 The Traitors US**
 (S)(R) **2.30 Weather for the Week Ahead (S)** **2.35-6.00am BBC News (S)**

N. IRELAND
 Sky 966, Virgin 863, Freesat 966
 No variations

WALES
 Sky 965, Virgin 864, Freesat 965
 No variations

BBC2

N. IRELAND
 Sky 969, Freesat 969
 No variations

WALES
 Sky 968, Freesat 968
1.45pm First Minister's Questions (S) **2.45 Bridge of Lies (S)(R)** **3.30 The Tournament (S)(R)**
4.15-5.15 Dynasties (S)(R)
 (AD) **7.00 Winterwatch in Wales New edition (S)**
7.30-8.00pm Chris Cooks Cymru (S)(R)

ITV1

As main ITV1 except:

WALES
10.55pm Sharp End (S)
11.50pm-12.00am
 Border Life (S)(R)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw 12.00noon
 Newyddion a'r Tywydd
12.05pm Codi Pac 12.30
 Heno **1.00 Sain Ffagan**
1.30 Ffermio 2.00
 Newyddion a'r Tywydd
2.05 Prynhawn Da 3.00
 Newyddion a'r Tywydd
3.05 Yn y Ffram 4.00 Awr Fawr 5.00 Stwnsh 6.00
 Pobol y Rhondda **6.30**
 Sgorio **6.57 Newyddion**
7.00 Heno New edition
7.30 Newyddion a'r Tywydd
8.00 Pobol y Cwm New episode (AD) **8.25 Rownd a Rownd New episode (AD)** **8.55 Newyddion a'r Tywydd 9.00 Ty Ffit New edition 10.00 Y Byd ar Bedwar 10.30-11.35pm**
 Teulu, Dad a Fi (AD)

TV&Satellite
 week
New issue
on sale
today

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM Top Gear** The team test-drive cars in Romania.
8.00 NEW EastEnders Revealed: The Lock-in
 Joe Swash and members of the cast celebrate the soap's 40th anniversary.
8.45 The Catch Up
8.50 EastEnders: Secrets from the Square Stacey Dooley is joined by Diane Parish and Tameka Empson.
9.20 FILM Long Shot Comedy drama starring Charlize Theron and Seth Rogen. A journalist strikes up a relationship with a US Secretary of State, soon to run for office as the first female president. With Andy Serkis and O'Shea Jackson Jr. (2019, 15, 120min) ★★ ★★
11.15 Suits 9&10/16. (S4)
12.40 AM Sky High Club: Scotland and Beyond
1.40 EastEnders: Secrets from the Square As 8.50pm.
2.10 Birdsong Short comedy.
2.25 EastEnders Revealed: The Lock-in As 8.00pm.
3.10 to 3.55 AM Boarders

MORE4

136/137 831 147 18 124

- 8.55 AM Kirstie's House of Craft** With Rufus Hound.
9.15 A Place in the Sun
10.05 A New Life in the Sun
11.05 Find It, Fix It, Flog It
1.05 PM Car S.O.S
2.05 Four in a Bed
4.50 Chateau DIY Alison and Zion have teething problems with their old digger.
5.50 Car S.O.S Tim Shaw and Fuzz Townshend restore a Japanese sports coupe.
6.55 Tim and Fuzz secretly restore a 1930 Ford Model A.
7.55 Grand Designs Presenter Kevin McCloud follows the progress of south London couple Mary and Carl, who are hoping to build a home that resembles a giant stack of glass cubes.
9.00 PopMaster TV
New edition Ken Bruce hosts the sixth heat of the music quiz, as five more players prove that they know their Chic from their Chicago.
10.00 Perfect Pub Walks with Bill Bailey 1/4. The comedian, musician and nature lover takes fellow comic Alan Davies to the Peak District National Park.
11.05 24 Hours in A&E
1.15 AM PopMaster TV
2.20 Emergency Helicopter Medics A motorcyclist collides with a car.
3.25 to 3.55 AM Food Unwrapped Investigates

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM The Architecture of the Railways Built** Tim Dunn visits the former HQ of London Underground.
7.45 The Flying Gardener
 Chris Beardsaw visits Kent.
8.00 Going Straight Fletcher lands a job as a night porter.
8.30 As Time Goes By Lionel offers Jean a free holiday.
9.00 Princess Margaret: The Rebel Royal 2/2. Experts analyse the Princess's marriage to Lord Snowdon.
10.00 NEW Storyville: Gaucho
Gaucho - Argentina's Last Ranchers Following the lives of a close-knit community of Argentinian cowboys as they maintain the old ways, operating under their own rules as society moves on without them.
11.15 The Fifty Years War: Israel and the Arabs
12.55 AM The Latest Secrets of Hieroglyphs
1.55 Tutankhamun's Egypt
2.15 The Flying Gardener
2.30 to 3.30 AM Princess Margaret: Rebel Royal

E4

135/136 830 106 13 122

- 6.00 AM Hollyoaks**
6.55 Rude(ish) Tube Shorts
7.00 Ramsay's Kitchen Nightmares USA
8.00 Brooklyn Nine-Nine
9.00 Young Sheldon
10.00 The Big Bang Theory
11.00 Modern Family
12.30 PM The Big Bang Theory
2.00 Young Sheldon
3.00 Modern Family
4.00 The Simpsons
5.00 The Big Bang Theory
6.30 The Simpsons
7.00 Hollyoaks Frankie tries to escape her emotions.
7.30 Modern Family 5/24. The family attend a barbecue at Gloria and Jay's house. (S1)
8.00 The Simpsons Treehouse of Horror XIII: Blood-curdling tales, featuring an island inhabited by 'minimals'.
8.30 How I Spent My Summer Vacation: Homer is asked to help The Rolling Stones at a benefit gig.
9.00 Celebrity Gogglebox
 A Pride anniversary special.
10.00 First Dates A date gets off to a rocky start with a revelation about children.
11.05 Naked Attraction
12.05 AM Gogglebox
1.10 Celebrity Gogglebox
2.15 First Dates
3.10 Teen First Dates
4.05 Abbott Elementary
4.30 Brooklyn Nine-Nine
5.20 to 6.00 AM The Goldbergs

+1 hour 235/236 306 30 123

Tuesday

primetime

primetime

TUESDAY Entertainment

Tuesday

Sky Witness

107 807 110 341 356

- 6.00 AM Stop, Search, Seize
7.00 Motorway Patrol
8.00 Border Patrol
9.00 Send in the Dogs
10.00 Border Security: Canada's Front Line Double bill.
11.00 The Good Doctor 9/18. (S1)
12.00 NOON FBI 11/13. (S6)
1.00 PM FBI: International (S3)
2.00 FBI: Most Wanted 11/13. The team must act quickly when two NYPD officers are killed by an unknown shooter. (S5)
3.00 Stop, Search, Seize
4.00 Nothing to Declare



8.00 FBI: Most Wanted

Sky Atlantic

108/109 808 342 357

- 6.00 AM The Guest Wing
8.05 True Blood 6&7/12. (S1)
10.15 Billions 1&2/12. (S6)
12.25 PM Game of Thrones (S4)
1.30 Big Love 1&2/10. (S3)
3.35 True Blood 8/12. Sookie uses her mind-reading powers to root out a thief for Eric.
4.40 9/12. Bill breaks a taboo by protecting Sookie. (S1)
5.45 Billions 3/12. Prince works to secure a key supporter in his bid for the games.
6.50 4/12. Prince turns to Wendy for help. (S6)



9.00 Mussolini: Son of the...

Sky Max

113/114 813 111 346 351

- 6.00 AM S.W.A.T. 20&21/22. (S6)
8.00 The Flash 9/18. (S7)
9.00 Stargate SG-1 1&2/22. (S2)
11.00 Manifest 13/13. (S3)
12.00 NOON The Flash 10/18. (S7)
1.00 PM S.W.A.T. (S6&7)
3.00 NCIS: Los Angeles 5/22. (S13)
4.00 Magnum P.I. 3/20. (S5)
5.00 Manifest 12/13. The Stones are reunited with Olive. (S3)
6.00 Stargate SG-1 1/22. Part three of three. A fleet of Goa'uld warships head for Earth, intent on achieving total destruction. (S2)



9.00 One More Shot

ITV2

118 816 115 6 113

- 6.00 AM CITV
9.00 World's Funniest Videos
10.00 Secret Crush Double bill.
12.00 NOON Dinner Date
1.00 PM Deal or No Deal
2.00 Supermarket Sweep
3.00 Charmed 17/22. Zankou attempts to lure the Charmed Ones out of the house. (S7)
4.00 Gilmore Girls 16/22. Trix passes away suddenly. (S4)
5.00 Dinner Date
6.00 Celebrity Catchphrase With Alex Beresford, Sarah-Jane Crawford and Joe Absolom.



6.00 Celebrity Catchphrase

ITV3

119 117 10 115

- 6.00 AM Classic Emmerdale
7.00 Classic Coronation Street
8.10 Inspector Morse
10.35 The Royal Hoping for the Best.
11.40 Heartbeat Double bill.
1.40 PM Classic Emmerdale
2.40 Classic Coronation Street
3.40 Inspector Morse Driven to Distraction: The investigation into a woman's murder proves testing for Morse and Lewis.
5.55 Heartbeat Where There's Muck: The arrival of a handsome and mysterious man sets Gina's heart racing.



10.00 Endeavour

7 PM

- 7.00 Nothing to Declare
A piece of salmon comes up positive for cocaine.
7.30 A man has strong readings for narcotics.

8 PM

- 8.00 FBI: Most Wanted
Defender: 2/14. A single mother goes on a deadly rampage at a Public Defender's office. (S1)

9 PM

- 9.00 The Cleaning Lady Icebox: 5/10. Thony must choose between her loyalty to Arman and saving Fiona from deportation. (S1)

10 PM

- 10.00 The Rookie Bad Blood: 8/14. The son of a criminal court judge with many enemies is kidnapped. (S3)
11.00 The Rookie 9/14. (S3)
12.00 MT Law & Order: Organized Crime 6/22. (S2)
1.00 AM FBI: Most Wanted (S1)
2.00 The Equalizer New episode
3.00 The Rookie: Feds 9/22. (S1)
4.00 Highway Patrol
5.00 to 6.00 AM Road Wars

+1 hour 207 310

- 7.55 Game of Thrones The Lion and the Rose: 2/10. The day of King Joffrey's wedding to Margaery Tyrell arrives, and Bran sees clearly where he and his friends must go. (S4)

- 9.00 Mussolini: Son of the Century New episode 3/8. Benito plans to be more strategic. Subtitled. (S1)
Entire series on Box Sets

- 10.05 Homicide: Life on the Street Son of a Gun: 3/9. Giardello attempts to improve the unit's effectiveness. (S1)

- 11.05 The Wire 12/12. Avon prepares his troops to take on Marlo and the media descend on Amsterdam. (S3)
12.20 AM Riviera 7&8/8. (S3)
2.30 Game of Thrones As 7.55pm.
3.35 to 6.00 AM Richard E Grant's Hotel Secrets

+1 hour 208/209

- 7.00 Stargate SG-1 In the Line of Duty: 2/22. The team try to rescue survivors on a planet that was attacked by the Goa'uld. (S2)

- 8.00 An Idiot Abroad 2/8. Karl Pilkington arrives in India, where he attends a spring festival and pays a visit to the Taj Mahal.

- 9.00 FILM One More Shot
Thriller starring Scott Adkins. A Navy SEAL squad leader escorts a suspected terrorist from a black site when they come under fire from a group of mercenaries. (2023, 15, 102min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.00 Brassic 1/6. Tommo and Erin hatch a plan to fleece a travelling circus. (S2)
12.00 M'T A League of Their Own
1.00 AM Karl Pilkington: The Moaning of Life
2.00 Road Wars Vehicle crime.
3.00 NCIS: Los Angeles 5/22. (S13)
4.00 Magnum P.I. 3/20. (S5)
5.00 to 6.00 AM Highway Patrol

- 7.00 Deal or No Deal
Stephen Mulhern hosts as Donna takes on the infamous Banker for the chance to win a prize.

- 8.00 Gordon Ramsay's Food Stars USA 7/10. The entrepreneurs are tasked with running a pop-up coffee shop in Seattle.

- 9.00 NEW SERIES Georgia Harrison: Porn, Power, Profit
Georgia dives into the secretive world of online pornography.

- 10.00 The Sex Lives of College Girls New episodes
5/10. The girls endure another Parents Weekend.
10.35 6/10. Bela gets creative to stop Taylor hanging around. (S3)

- 11.20 Family Guy (S4&1)
12.20 AM American Dad! (S1)
1.15 Bob's Burgers (S10&11)
2.15 The Stand Up Sketch Show
2.45 to 3.00 AM Unwind with ITV

+1 hour 218 315 29 114

- 6.55 Heartbeat
Harmony: Bellamy thinks he's pulled off quite a coup when he spies a dangerous armed robber.

- 8.00 Vera Protected:
The son of a prominent local family is found murdered on the beach at Whitley Bay, and a second death leaves Vera with puzzling questions and mounting pressure to crack the case.

- 10.00 Endeavour Coda: The detective considers his future while protecting the wife of his former mentor, while a murder in the world of fashion stirs up old conflicts.

- 12.00 M'T Trial & Retribution
1/2. Pat is asked to investigate when a mother of two, Diane Leach, is abducted from a local wood. (S6)
2.00 to 2.30 AM Unwind with ITV

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- 12.00 NOON This Is BBC Scotland
7.00 PM Reporting Scotland
7.30 Designing the Hebrides
Banjo Beale tackles the dated bar of the Isle of Mull Rugby Club.
8.00 This Farming Life
New edition 5/12. With no hospital on Papay, Mel must have her baby on mainland Orkney.
9.00 The Hunt for the World's End Killers 2/2. Investigating into the murder of two women in Edinburgh in 1977.
10.00 Disclosure: Kids on the Psychiatric Ward
Six young women talk about their experiences of adolescent psychiatric wards, institutions that they say failed them.
11.00 Scotcast New edition
11.30 PM to 12.00 M'T Dinosaur 4/6. The girls head to Rothesay for Evie's hen do. (S1)

Sky Comedy

114/115 814 112 347 352

- 8.00 AM Bored to Death
9.05 The Conners (S4)
10.10 Hung 9&10/10. (S1)
11.40 High Maintenance (S4)
1.10 PM Entourage 8/8. (S8)
1.55 Hung 9&10/10. (S1)
3.25 High Maintenance (S4)
4.50 Bored to Death (S1)
6.00 The Office (US) (S8)
7.00 The Conners (S4)
8.00 Mr Mayor 8/10. Neil accidentally angers a mega-influencer.
8.30 9/10. Jayden panics over having to side with Arpi. (S2)
9.00 Tom Davis: Underdog
10.10 Romantic Getaway 5/6. Deacon and Allison make an enemy of Kethan.
10.40 6/6. Esme helps Deacon and Allison make their escape. (S1)
11.10 Sex and the City (S3)
12.30 AM Mr Mayor (S2)
1.30 The Righteous Gemstones (S1)
3.00 to 5.00 AM Flatbush Misdemeanors

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM Peter and the Wolf
7.30 Watercolour Challenge
9.00 Tales of the Unexpected
10.00 Hitchcock Presents
11.00 Discovering: Lee Marvin The actor's life.
12.00 NOON Portrait Artist...
1.00 PM Tales of the...
2.00 Landscape Artist of the Year From London.
3.00 Discovering: Anthony Quinn
4.00 Guy Garvey: From the Vaults From 1976.
5.00 Portrait Artist 2020
6.00 Tales of the Unexpected
7.00 Alfred Hitchcock Hour
8.00 Cirque du Soleil: Zaia
9.00 NEW National Theatre Live: Othello Shakespeare's tragedy starring Giles Terera.
11.45 Will's Book
1.05 AM Kurt Vonnegut: Unstuck in Time
3.45 The South Bank Show
4.40 Auction: David Hockney Special
5.05 to 6.00 AM Auction

Sky Mix

151 135 11 141

- 7.00 AM Nothing to Declare
9.00 Bondi Rescue
10.00 The Force: Manchester
11.00 Highway Patrol
12.00 NOON Motorway Patrol
1.00 PM Border Patrol
2.00 Monkey Life
3.00 Nothing to Declare
4.00 Star Trek: The Next Generation 6/26. (S7)
5.00 Stargate Atlantis (S1)
6.00 Star Trek: Deep Space Nine 26/26. (S7)
7.00 Star Trek: Voyager (S4)
8.00 Hawaii Five-O 5/25. (S8)
9.00 FBI: Most Wanted (S3)
10.00 FBI: International (S1)
11.00 Britain's Most Evil Killers Andrzej Kunowski, who murdered a 12-year-old girl in 1997.
12.00 M'T Snapped
1.00 AM Nothing to Declare
2.00 Brit Cops: Law & Disorder Documentary.
3.00 Highway Patrol
4.00 Border Patrol
5.00 to 6.00 AM Highway Cops

ITV Be

131/132 119 28 119

- 7.40 AM NEW SERIES
Backyard Builds
8.10 Olivia Meets Her Match
9.10 Jimmy's Taste of Florida
10.10 Making It Home
11.10 The Real Housewives of Beverly Hills
12.05 PM Olivia Meets Her...
1.05 The Only Way Is Essex
2.05 Dinner Date
3.10 Scott's Vacation House Rules New edition
4.05 The Real Housewives of Beverly Hills
5.00 The Real Housewives of Atlanta Reality series.
6.00 Making It Home
7.00 Jimmy's Taste of Florida
8.00 Dinner Date
9.00 The Real Housewives of Orange County New edition Reality show.
10.00 The Real Housewives Ultimate Girls' Trip
11.00 Botched Medical series.
11.55 The Only Way Is Essex
12.55 AM Backyard Builds
1.25 to 1.30 AM Unwind

+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM Diagnosis Murder
10.00 Father Dowling Mysteries 6/8. (S3)
11.00 Sue Thomas: F.B.Eye
12.00 NOON Hart to Hart
2.00 PM Father Dowling Mysteries 11/22. (S3)
3.00 Diagnosis Murder
5.00 Murder, She Wrote
7.00 M*A*S*H 12-15/16. (S11)
9.00 Randall and Hopkirk (Deceased) Could You Recognise the Man Again? 18/26. Jeannie is kidnapped. (S1)
10.00 The Avengers The Living Dead: 7/24. Steed and Emma visit the countryside to investigate rumours of a ghost. (S5)
11.00 The Persuaders! (S1)
12.00 M'T M*A*S*H (S11)
2.00 AM Randall and Hopkirk (Deceased)
3.00 The Persuaders! (S1)
4.00 Highway to Heaven
4.50 to 5.00 AM GREAT! Movie News Extra

+1 hour 257

ITV4

120 118 26 117

- 6.00 AM Minder
7.05 The Professionals
8.10 The Memoirs of Sherlock Holmes Murder mystery.
9.20 Magnum, PI
10.20 Kojak
11.25 BattleBots
12.30 PM The Memoirs of Sherlock Holmes Murder mystery.
1.35 Magnum, PI
2.40 Kojak
3.45 Minder
4.55 BattleBots **New edition**
6.00 Beat the Chasers



10.00 Snowpiercer

- 7.00 The Motorbike Show Henry rides an Africa Twin through Oxfordshire, and road-tests his first ever electric motorbike.
8.00 World Rally Championship Highlights Action from the Rally Sweden, the second round of the campaign.
9.00 Giant Lobster Hunters **New edition** Following three under-30 lobster boat captains and a legendary veteran.
10.00 **FILM** Snowpiercer Thriller starring Chris Evans. In a snow-ravaged world, travellers fight for survival on a train that perpetually circumnavigates the globe. (2013, 15, 126min) ★★☆☆ SEX ●●● VIOLENCE ●●● LANG ●●●
12.30 AM Ligue 1 Highlights
1.00 The Professionals
1.55 Two and a Half Men (S1)
2.45 to 3.00 AM Unwind with ITV

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
8.00 Teleshopping
11.00 Star Trek: The Next Generation 23/26. (S3)
12.00 NOON Star Trek: Voyager
1.00 PM Star Trek: Deep Space Nine 12/26. (S6)
2.00 Warehouse 13 6/13. (S3)
3.00 Stargate SG-1 5/20. (S9)
4.00 Star Trek: Voyager (S2)
5.00 Star Trek: Deep Space Nine
6.00 Star Trek: The Next Generation 23/26. Violent mood swings begin to affect the crew members. (S3)



8.00 Stargate SG-1

- 7.00 Warehouse 13 Don't Hate the Player: 6/13. A Eureka resident becomes trapped inside a video game. (S3)
8.00 Stargate SG-1 The Powers That Be: 5/20. Vala and the team travel to a planet where she is worshipped. (S9)
9.00 Grimm The Hour of Death: 10/22. Nick discovers that a fellow Grimm is torturing and murdering monsters. (S2)
10.00 The Walking Dead Arrow on the Doorpost: 13/16. Rick and the Governor meet to arrange a peace treaty. (S3)
11.00 SurrealEstate 3&4/10. (S2)
1.00 AM **FILM** Domsday Meteor Sci-fi thriller starring Patrick Labyorteaux. A massive meteor threatens to destroy planet Earth, so scientists try to stop it with high-powered lasers. (2023, PG, 86min) ★★
3.00 Chucky 3/8. (S1)
4.00 to 6.00 AM Most Haunted

U&Alibi

109/110 809 114 343 358

- 7.10 AM Murdoch Mysteries (S10)
9.00 Father Brown
10.00 The Doctor Blake Mysteries
11.00 Hudson & Rex 1/16. (S4)
12.00 NOON The Mentalist (S4)
1.00 PM Death in Paradise (S5)
2.00 Murdoch Mysteries (S10)
4.00 The Doctor Blake Mysteries 8/10. A contestant on a TV game show is electrocuted in his dressing room. (S1)
5.00 Hudson & Rex 1/16. Two hikers are found dead near a remote coastal trail. (S4)
6.00 Father Brown As 10.00pm.



8.00 White Collar

- 7.00 The Mentalist So Long and Thanks for All the Red Snapper: 22/24. Lisbon reconnects with her ex-fiancé. (S4)
8.00 White Collar Identity Crisis: 6/16. Moezie discovers clues to a treasure he is convinced was left by a spy ring. (S4)
9.00 Death in Paradise Dishing Up Murder: 6/8. A chef is found stabbed to death. Guest stars Martin Compston. (S5)
10.00 Father Brown The Company of Men: Father Brown helps out a friend at an exclusive gentlemen's club.
11.00 The Mentalist As 7.00pm.
12.00 MT White Collar As 8.00pm.
1.00 AM CSI: Vegas 6/10. The team investigate a radioactive crime scene. (S3)
1.55 So Help Me Todd 17/21. (S1)
2.55 to 4.00 AM Murdoch Mysteries

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.25 AM Highlights
9.55 The Green Green Grass
10.30 Are You Being Served?
11.05 Porridge
11.40 Last of the Summer Wine
1.00 PM The Green Green Grass
1.40 The Good Life
2.20 Dad's Army
3.00 Porridge
3.35 Are You Being Served?
4.15 Last of the Summer Wine
5.30 The Green Green Grass
6.05 Are You Being Served?
6.40 Dad's Army



9.55 The Cleaner

- 7.20 Dad's Army Private Pike receives his call-up papers and unexpectedly passes his medical.
8.00 The Good Life Margo's windbreak causes issues for Tom and Barbara.
8.35 The Vicar of Dibley The Songs of Praise crew visit Dibley to record a show.
9.15 Geraldine is keen to find a celebrity to open the autumn fair in style.
9.55 The Cleaner Wicky is called upon to handle the devastation left by a 40-woman brawl at a male strip show.
10.35 The Good Life As 8pm.
11.15 Paul Whitehouse's Sketch Show Years The 1970s.
11.55 The Vicar of Dibley
1.15 AM Toast of London
1.50 The Black Adder
2.40 The Cleaner
3.10 to 4.00 AM Last of the Summer Wine

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.10 AM Hairy Bikers Everyday Gourmets Indulgent dishes.
8.00 Cops on the Rock
10.00 Robson's Extreme Fishing Challenge Double bill.
12.00 NOON American Pickers
2.00 PM The Boat That Guy Built
3.00 Top Gear Double bill.
5.00 Hairy Bikers' Best of British A selection of sugar-rich sweets and desserts.
6.00 Rick Stein's Long Weekends The chef visits the city of Thessaloniki, revered as the gourmet capital of Greece.



11.00 Taskmaster

- 7.00 Would I Lie to You? With Dara O Briain, Denise Van Outen, Rhod Gilbert and Vernon Kay.
7.40 Richard Osman's House of Games With Dennis Taylor and Geoff Norcott.
8.20 Roger Black, Jo Brand, Sanjeev Kohli and Tiff Stevenson take part.
9.00 QI XL Guests Sarah Millican, Cariad Lloyd and Alice Levine join regular panellist Alan Davies and host Sandi Toksvig.
10.00 Have I Got a Bit More News for You Naga Munchetty hosts the satirical quiz, with Richard Osman and Maisie Adam.
11.00 Taskmaster A task involving a cement-filled shoebox.
12.00 M'T Mock the Week
12.40 AM Would I Lie to You?
2.00 Hate Thy Neighbour **New edition** Investigating domestic terrorists in the USA.
2.45 to 4.00 AM Hypothetical

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM Four in a Bed
9.30 Sun, Sea and Selling Houses Double bill.
11.30 A Place in the Sun
2.30 PM Come Dine with Me
5.00 A Place in the Sun
6.00 Location, Location, Location From north Wales and Cheshire.
7.00 From Devon.
8.00 George Clarke's Building Home Keith and Kate from Glasgow are transforming a castle-like tower into their dream home.
9.00 **FILM** Uncharted Action adventure starring Tom Holland and Mark Wahlberg. (2022, 12, 116min) ★★☆☆
11.15 **FILM** Transformers: Age of Extinction Sci-fi adventure sequel starring Mark Wahlberg. (2014, 12, 166min) ★★☆☆
2.25 AM Gogglebox
3.30 to 4.30 AM All Aboard! Scotland's Poshest Train

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

5USA

141/169 120/162 21 129

- 9.00 AM NCIS 13-15/24. (S9)
11.55 Entertainment News
12.00 NOON Law & Order
6.00 PM NCIS Shabbat Shalom: 11/24. A dead journalist is found to have been investigating the proliferation of drugs in the Navy.
7.00 Hereafter: 15/24. Vance discovers a key to a safety deposit box in his late wife's effects.
8.00 Squall: 19/24. The team look into the death of a navy doctor. (S10)
9.00 Law & Order **New episode** Last Dance: 5/13. When a woman is found murdered in Central Park, evidence points to two frequent park-goers. (S23)
10.00 Law & Order: Special Victims Unit (S14)
1.55 AM Law & Order (S20)
2.50 New York Undercover
3.35 to 4.00 AM Car Pound Cops

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM 22 Kids & Counting
9.00 Bargain-Loving Brits in the Sun Documentary.
10.00 Nightmare Tenants, Slum Landlords
11.00 Traffic Cops Triple bill.
2.00 PM Police Interceptors
5.00 Rogue Claimers **New edition** CCTV footage stalls a bus claim.
6.00 Home and Away
7.00 GPs: Behind Closed Doors Medical series.
8.00 Casualty 24/7: Every Second Counts
9.00 999: Emergency Call Out Documentary.
10.00 999: Critical Condition
11.00 Skin A&E
12.00 MT Sleeping with My Murderer Nat Fraser
1.00 AM GPs: Behind Closed Doors Medical series.
2.00 Casualty 24/7: Every Second Counts
2.50 Police Interceptors
3.35 to 4.00 AM Home and Away

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM Outback Truckers
10.00 Traffic Cops
11.00 Police Interceptors
12.05 PM The Gambler V: Playing for Keeps
1.55 **FILM** Destroy Western starring Audie Murphy as a pacifist lawman who cleans up a lawless town without using a gun. (1954, PG, 96min) ★★
4.00 Outback Truckers
5.00 Traffic Cops
6.00 Police Interceptors
9.00 Motorway Cops: Catching Britain's Speeders Documentary.
10.00 Broadmoor: For the Criminally Insane A look into escapes from the high-security psychiatric hospital.
11.00 999: Criminals Caught on Camera
12.05 AM Coastguard: Search & Rescue SOS
1.05 Police Interceptors
2.05 Trucking Hell
3.50 to 4.00 AM Entertainment News

U&W

132/133 827 125 25 156

- 6.10 AM Inside the Ambulance
7.00 My Dream Home
8.00 Tipping Point
11.00 DIY SOS: The Big Build
12.00 NOON DIY SOS: Grenfell
1.00 PM Tipping Point
4.00 My Dream Home
6.00 DIY SOS: Grenfell
7.00 MasterChef USA **New edition** The Baby Boomers go head-to-head for a coveted white apron.
8.00 Pete Wicks: For Dogs' Sake Pete meets a litter of puppies known as the Potato Pups.
9.00 Multiple Birth Wards 1/2. Documentary.
10.00 At Home with Katherine Ryan
11.00 Stacey Dooley: Inside the Convent
12.00 MT Emma Willis: Delivering Babies
2.00 to 3.00 AM Wedding Valley

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.10 AM All Creatures Great and Small
8.00 Doctors
9.15 Holby City
10.35 Classic Casualty
11.40 The Bill
12.40 PM Classic EastEnders
2.00 Eldorado
3.20 Bergerac
4.20 All Creatures Great and Small
5.25 The Upper Hand
6.00 As Time Goes By
6.40 Last of the Summer Wine Double bill.
8.00 Jonathan Creek
9.20 New Tricks Where There's Smoke: New evidence sheds light on the death of a criminal.
10.40 Coming Out Ball: A former Irish dissident sheds light on a woman's abduction in 1983.
12.00 MT Bergerac
1.00 AM Lovejoy
2.20 The Upper Hand
2.55 to 4.00 AM Holby City

+1 hour 243 316 60

Really

142 128 17 145

- 6.00 AM Fantasy Homes by the Sea From Whitstable.
7.00 Teleshopping
8.00 Salvage Hunters
11.00 A Place in the Sun
1.00 PM Money for Nothing
3.00 Antiques Road Trip
5.00 The Yorkshire Auction House Double bill.
7.00 Antiques Road Trip
9.00 Long Lost Family
A woman who was abandoned as a baby heads to Hong Kong in search of information about her origins.
10.00 Alex Polizzi: The Fixer
Alex visits an east London shop specialising in fabric and curtains that is run by three brothers.
11.30 The Hotel Inspector
12.30 AM Ghost Bait
1.00 Help! My House Is Haunted A visit to Chillingham Castle.
2.00 Teleshopping
4.00 to 6.00 AM Salvage Hunters

DMAX

159 169 39 147

- 6.00 AM Alaska: The Last Frontier Double bill.
8.00 Outback Opal Hunters
9.00 Deadliest Catch
11.00 Alaska: Homestead Rescue Documentary.
1.00 PM Aussie Gold Hunters
3.00 Yukon Gold
5.00 Alaskan Bush People
7.00 Deadliest Catch Jake risks a daring entry into St. Paul Harbor.
8.00 Captains scramble to meet an expanded quota in the path of a violent storm system.
9.00 A new generation braves the sea, forging unlikely alliances.
11.00 Aussie Gold Hunters
A cyclone causes damage to Shane and Russell's wash plant.
12.00 M'T Naked and Afraid XL Survival series.
2.00 AM Teleshopping
5.00 to 6.00 AM Building Alaska

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM Building Alaska
8.00 A Place in the Sun
10.00 Escape to the Country
12.00 NOON My Lottery Dream Home
2.00 PM A Place in the Sun
3.00 Escape to the Country
5.00 A Place in the Sun
8.00 Escape to the Country
People search for their ideal rural retreats.
9.00 Windy City Rehab
New edition Alison Victoria returns to a 140-year-old home she had to walk away from after endless delays.
10.00 100 Day Dream Home
Mika and Brian whip up a home for a family running out of space.
11.00 Flip or Flop Double bill.
12.00 M'T Good Bones
1.00 AM Building Alaska
2.00 Home Town
3.00 to 4.00 AM My Lottery Dream Home

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM The Chase
10.00 The Crystal Maze
11.00 Cash in the Attic
12.00 NOON Tenable
1.00 PM Family Fortunes
3.00 Catchphrase Double bill of the game show.
4.00 Blockbusters Double bill of the quiz show.
5.00 The Crystal Maze
Game show hosted by Richard O'Brien.
6.00 Cash Trapped Quiz
Quiz show hosted by Bradley Walsh.
7.00 Tenable A women and her four children take part in the quiz hosted by Warwick Davis.
8.00 The Chase Double bill of the quiz show hosted by Bradley Walsh.
10.00 Tenable As 7.00pm.
11.00 Bullseye Double bill of the darts-based quiz.
12.00 M'T Weakest Link
1.00 AM The Crystal Maze
2.00 The Chase Double bill.
4.00 Tenable As 7.00pm.
5.00 to 6.00 AM Bullseye

Food Network

140/141 190 43 148

- 6.00 AM James Martin's French Adventure
7.00 The Pioneer Woman
9.00 Be My Guest with Ina...
10.00 Barefoot Contessa: Back to Basics
11.00 Great British Bake Off
1.00 PM Rick Stein's Food...
2.00 James Martin's French Adventure
3.00 The Pioneer Woman
5.00 Be My Guest with Ina Garten **New editions**
6.00 Barefoot Contessa: Back to Basics
7.00 Great British Bake Off
9.00 Rick Stein's Food Heroes: Another Helping
10.00 James Martin's French Adventure
11.00 Diners, Drive-Ins and Dives **New editions**
12.00 M'T Diners, Drive-Ins and Dives Double bill.
1.00 AM Man v Food
2.00 to 3.00 AM Guy's Grocery Games

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM Extreme Cheapskates
7.30 Extreme Couponing
8.00 Flip or Flop
9.00 Say Yes to the Dress: Atlanta Four editions.
11.00 My 600lb Life
12.00 NOON Dr Pimple...
1.00 PM sMothered
2.00 Return to Amish
3.00 Outdaughters: Busby Quints Double bill.
5.00 My 600lb Life
6.00 Dr Pimple Popper
7.00 Say Yes to the Dress
8.00 Dr Pimple Popper
9.00 The Bad Skin Clinic
10.00 My Feet Are Killing Me
11.00 Sex Sent Me to the ER
12.00 M'T Body Bizarre
1.00 AM Extreme Cheapskates
2.00 My Feet Are Killing Me
3.00 Sex Sent Me to the ER
4.00 Dr Pimple Popper
5.00 to 6.00 AM Extreme Cheapskates

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.10 AM Wild West Chronicles Western.
8.40 **FILM** Revolution Drama. (1985, PG, 123min) ★
11.00 The High Chaparral
12.00 NOON Wanted: Dead or Alive Double bill.
1.00 PM **FILM** Silverado Western drama. (1985, PG, 132min) ★★
3.45 **FILM** Ambush at Tomahawk Gap Western. (1953, PG, 73min) ★★
5.30 Wanted: Dead or Alive
7.00 The High Chaparral
8.00 The Avengers
9.00 **FILM** The Defender Action thriller starring Dolph Lundgren. (2004, 18, 91min) ★★
11.00 **FILM** Killing Salazar Action adventure. (2016, 15, 95min) ★★
1.15 AM **FILM** Stormageddon Thriller with Joseph Gatt. (2015, PG, 90min) ★★
3.00 to 5.00 AM Wild West Chronicles

+1 hour 324

Legend

148 149 41 137

- 8.00 AM Walker, Texas Ranger 1/26. (S3)
9.00 Six Million Dollar Man
10.00 T.J. Hooker 20/22. (S3)
11.00 **FILM** Incident at Phantom Hill Western. (1966, U, 88min) ★★
1.00 PM **FILM** Boot Hill Comedy Western. (1969, PG, 91min) ★★
3.00 **FILM** Vendetta for the Saint Crime mystery. (1968, PG, 94min) ★★
5.00 Star Trek 25/30. (S1)
6.00 T.J. Hooker 21/22. (S3)
7.00 Six Million Dollar Man
8.00 Walker, Texas Ranger
9.00 **FILM** Striking Distance Thriller with Bruce Willis and Sarah Jessica Parker. (1993, 18, 102min) ★
11.05 **FILM** Fugitives Thriller. (2015, 15, 86min) ★★
12.55 AM **FILM** Villain Drama. (2019, 18, 97min) ★★
2.50 to 4.50 AM **FILM** The Inglorious Bastards World War Two thriller. (1978, 15, 99min) ★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM Most Ridiculous
9.00 Guessable?
10.00 Home Improvement
12.00 NOON Last Man Standing 15&16/24. (S1)
1.00 PM Friends (S5)
8.00 Friends 1/25. Joey and Phoebe embark on a cross-country adventure.
8.30 2/25. Monica and Chandler decide to move in together. (S6)
9.00 **FILM** American Made Fact-based comedy drama with Tom Cruise and Domhnall Gleeson. (2017, 15, 115min) ★★
11.10 Utopia 1&2/8. (S1)
12.20 AM Kevin Bridges: The Story Continues
1.20 Whose Line Is It Anyway? USA
2.20 Beavis and Butt-Head
3.10 Teachers (S3)
3.30 Michael McIntyre: Happy & Glorious
4.15 to 5.00 AM Friends

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.00 AM **FILM** Fatal Acquittal Crime thriller. (2014, PG, 85min) ★★
10.55 **FILM** Target: My Daughter Crime thriller. (2017, 12, 92min) ★★
1.00 PM **FILM** Fatal Memories Mystery. (2014, 12, 90min) ★★
3.00 **FILM** The Nightmare Nanny Mystery thriller. (2013, PG, 91min) ★
5.00 **FILM** Lost Letter Mysteries: Time to Start Livin' Drama. (2014, PG, 90min) ★★
7.00 Perception Double bill.
9.00 **FILM** Battle: Los Angeles Sci-fi adventure. (2011, 12, 116min) ★★
11.30 **FILM** The Winter Soldier Sci-fi adventure. (2016, 15, 101min) ★★
1.45 AM **FILM** Ain't Them Bodies Saints Drama. (2013, 15) ★★
4.00 to 6.00 AM **FILM** Out of Control (2009, PG) ★★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM **FILM** The Philadelphia Experiment As 5.00pm.
8.00 **FILM** 2021: War of the Worlds Sci-fi thriller. (2012, 12, 78min) ★★
10.00 Farscape 2/22. (S2)
11.00 **FILM** Sherlock Holmes Mystery with Ben Syder. (2010, 12, 89min) ★★
1.00 PM **FILM** Stormageddon Thriller with Joseph Gatt. (2015, PG, 90min) ★★
3.00 Farscape 2/22. (S2)
4.00 Star Trek 3/26. (S2)
5.00 **FILM** The Philadelphia Experiment Sci-fi mystery thriller remake. (2012, 15, 89min) ★★
7.00 Farscape 3/22. (S2)
8.00 Star Trek 4/26. (S2)
9.00 **FILM** Mindscape Thriller starring Mark Strong. (2013, 15, 97min) ★★
11.00 **FILM** Alive Horror. (2019, 15, 91min) ★★
1.00 to 3.00 AM **FILM** Mindscape As 9.00pm.

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM Home Improvement
7.00 Teleshopping
9.00 Impractical Jokers
10.00 Becker 21&22/22. (S1)
11.00 Friends 18-21/24. (S4)
1.00 PM Criminally Funny
2.30 Impractical Jokers
3.00 Whose Line Is It Anyway? USA
4.00 Guessable?
5.00 Becker 21&22/22. (S1)
6.00 Home Improvement
8.00 Last Man Standing
9.00 Out of Order
10.00 Friends 9/24. Ross falls out with his co-workers.
10.30 10/24. Ross turns to Joey for advice. (S5)
11.00 Friends 11-14/24. (S5)
1.00 AM The Ren & Stimpy Show 1&2/10. (S3)
2.00 Key & Peele
3.00 Ugly Americans
3.45 Guessable?
4.30 Al Murray Live: Barrel of Fun Stand-up show.
5.15 to 6.00 AM Home Improvement

GREAT! romance

319 424 52

- 8.10 AM **FILM** Strawberry Summer Romance. (2012, U, 90min) ★★
10.00 **FILM** Summer of Dreams Comedy. (2016, PG, 90min) ★★
12.05 PM **FILM** 14 Love Letters Drama. (2022, U) ★★
2.00 **FILM** Love's Last Resort Romantic drama. (2017, PG, 85min) ★★
4.05 **FILM** Our Dream Wedding Romance. (2020, PG, 87min) ★★
6.00 **FILM** A Snapshot of Forever Comedy. (2022, PG, 86min) ★★
8.00 **FILM** A Very Country Wedding Romance. (2019, PG, 90min) ★★
10.05 **FILM** Home by Spring Drama. (2018, PG) ★★
12.00 M'T **FILM** Two for the Win (2021, PG) ★★
1.55 AM Highway to Heaven
2.55 to 5.00 AM **FILM** A Midnight Kiss Drama. (2018, PG, 95min) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM Dickinson's Real Deal From Macclesfield.
6.40 Pawn Stars
7.30 Auction Hunters
7.55 Storage Wars: Texas
8.55 Hardcore Pawn
10.15 Alien Files Reopened
11.10 Weird or What?
12.10 PM Ancient Superstructures
1.05 Mysteries from Above
2.05 Pawn Stars
3.05 Storage Wars: Texas
4.00 Ancient Aliens
6.00 Alien Files Reopened
7.00 Pawn Stars
8.00 Dickinson's Real Deal
9.00 A Cut Above
10.00 Blown Away
11.00 Court Cam Double bill.
12.00 M'T Encounter: UFO
1.00 AM Alien Files Reopened Documentary.
2.00 Weird or What?
3.00 Hardcore Pawn
3.25 Rust Valley Restorers
4.10 to 6.00 AM Ancient Aliens

Sky Replay

152 156

- 7.00 AM Sixth Sense with Colin Fry Double bill.
8.00 Four Weddings
10.00 Highway Patrol
11.00 Border Patrol
12.00 NOON The Rookie (S4)
2.00 PM Motorway Patrol
3.00 Highway Patrol
4.00 Border Patrol
5.00 Air Ambulance ER
6.00 Customs UK
7.00 MacGyver Friends & Enemies & Border: 19/22. Bozer gets trapped.
8.00 No-Go & High-Voltage & Rescue: 20/22. Two Americans go missing. (S3)
9.00 The Force: North East
11.00 Road Wars
12.00 M'T The Russell Howard Hour
2.00 AM A League of Their Own With Tom Davis.
3.00 Duck Quacks Don't Echo With Gabby Logan.
4.00 Four Weddings
5.00 to 6.00 AM Sixth Sense with Colin Fry

Rewind TV

182 95

- 6.00 AM Highlights
8.30 Huckleberry Finn
9.00 Sherlock Holmes (S1)
10.00 Time After Time (S1)
10.30 Watching 3/7. (S7)
11.00 Diff'rent Strokes (S1)
11.30 I Dream of Jeannie (S1)
12.00 NOON Shine on Harvey Moon 4/8. (S4)
1.00 PM The Zoo Gang
2.00 The Prisoner 5/17. (S1)
3.00 Whicker's World
4.00 Bubblegum & Cheese
5.00 Diff'rent Strokes (S1)
5.30 Watching 3/7. (S7)
6.00 I Dream of Jeannie (S1)
6.30 Thriller 4/8. (S2)
7.50 Mysterious Tales
8.00 The Prisoner 5/17. (S1)
9.00 Police Woman (S1)
10.00 Game On (S1)
10.35 Drop the Dead Donkey
11.05 The Mrs Merton Show
11.40 Thriller 4/8. (S2)
1.00 AM Shine on Harvey...
2.00 Whicker's World
3.00 Monkey 4/26. (S1)
3.55 to 6.00 AM Highlights

5SELECT

153 138 46 133

- 9.00 AM World's Most Scenic Railway Journeys
10.00 Shetland: Scotland's Wondrous Isles
11.00 Ben Fogle: New Lives in the Wild Double bill.
1.05 PM The Yorkshire Vet
2.55 Murder, She Wrote
3.55 Columbo
5.30 Walking Victorian Britain Birmingham.
6.00 World's Most Scenic Railway Journeys
7.00 Ben Fogle: New Lives in the Wild Double bill.
9.00 Nazi Megastructures: Russia's War How the Nazis faced a vast Soviet army bent on revenge.
10.00 Buried Secrets of WWII Investigating the Hurlgen Forest in Germany.
11.00 Prisoner: Cell Block H
1.05 AM Bargain-Loving Brits in the Sun
3.05 Shetland: Scotland's Wondrous Isles
3.50 to 4.00 AM Entertainment News

MTV

126/127 824 134

- 6.00 AM The Hills
6.20 16 and Pregnant
7.10 Teen Mom OG
9.00 Teen Mom 2
11.00 Catfish: Repeat Offenders Reality series.
12.00 NOON Catfish: The TV Show Five editions.
5.00 PM Catfish: Wannabees
6.00 Catfish: The TV Show
7.00 Teen Mom: The Next Chapter Reality series.
8.00 Help! I'm in a Secret Relationship!
9.00 Badass Brides
10.00 Georgie Shore
New edition Kyle arranges a couples retreat to Ko Pha-Nang.
11.00 Ink Master The artists are plagued by mistakes.
12.00 M'T Ridiculousness
New edition Rob, Steelo and Karrueche Tran decode hidden messages.
12.30 AM Ridiculousness
1.00 Ink Master Double bill.
2.45 Ex on the Beach
3.35 to 4.00 AM Teen Crips

Discovery

125/126 823 177 320 325

- 6.00 AM **How Do They Do It?**
 7.00 **Building Off the Grid**
 9.00 **Kindig Customs** Double bill.
 11.00 **Wheeler Dealers**
 1.00 PM **Alaska: Homestead Rescue** Documentary.
 3.00 **Gold Divers** Chris risks it all on another solo dive.
 4.00 Shawn's negotiations for the inland mine implode.
 5.00 **Deadliest Catch** Josh experiments with glow sticks to attract crab at the depths.
 6.00 **Wheeler Dealers** Mike and Elvis gamble on a TVR Griffith.



9.00 Gold Rush

- 7.00 **Salvage Hunters** Drew Pritchard takes Tee up Wookey Hole, Somerset, where they hunt for stock in a circus museum.

- 8.00 **Kindig Customs** Dave eagerly agrees to attend a car show in Oregon in aid of a children's charity.

- 9.00 **Gold Rush** **New edition** Rick gambles his profits on a risky cut, while Parker's team lean on the new Sulphur Creek claim.

- 10.00 **Harpoon Hunters** **New edition** As Joe fights to keep his lead, all bets are off when a legend joins the derby.

- 11.00 **Expedition X** The team continue their investigation into a lunatic asylum.
 12.00 **MT Street Outlaws: Locals** Only Motoring series.
 1.00 AM **Gold Rush** As 9.00pm.
 2.00 **Harpoon Hunters**
 3.00 **Iron Resurrection**
 4.00 to 5.00 AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

- 8.00 AM **Insane Pools: Off the Deep End** A waterpark.
 9.00 **Crikey! It's the Irwins**
 10.00 **Pit Bulls & Parolees**
 11.00 **Alaska: Homestead Rescue**
 12.00 **NOON Insane Pools: Off the Deep End** A jungle oasis.
 1.00 PM **Crikey! It's the Irwins**
 2.00 **Guardians of Rescue**
 3.00 **Animal Cops Houston**
 4.00 **Pit Bulls & Parolees**
 5.00 **Alaska: Homestead Rescue**
 6.00 **Insane Pools: Off the Deep End** Creating a Mexican-style resort in a Florida backyard.



9.00 Pit Bulls & Parolees

- 7.00 **Crikey! It's the Irwins** As Bindi celebrates her 21st birthday, her boyfriend has something important to ask her.

- 8.00 **Flying Wild Alaska** Jim searches for potential landing strips at Brooks Range, while Femo and Ariel prepare a feast.

- 9.00 **Pit Bulls & Parolees** After a string of bad luck with parolees, Tia hopes new arrival Richard will be a valuable asset.

- 10.00 **Alaskan Bush People** Billy and Amy Brown and their children live off the grid and rely on each other to survive.

- 11.00 **Monster Croc Invasion** Human deaths caused by crocodiles.
 12.00 **MT Tanked** Brett and Wayde answer questions about fish.
 1.00 AM **Alaskan Bush People**
 2.00 **Pit Bulls & Parolees**
 3.00 **Alaska: Homestead Rescue**
 4.00 to 5.00 AM **Insane Pools: Off the Deep End**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

- 8.00 AM **Food Factory**
 9.00 **Air Crash Investigation: Special Report**
 10.00 **World War II: Secrets from Above** Documentary.
 11.00 **Airport Security: Rome**
 12.00 **NOON Car 5.0.5**
 1.00 PM **Colossal Machines**
 2.00 **Air Crash Investigation**
 3.00 **Lost Treasures of Angkor: Ancient Laos Revealed**
 5.00 **Car 5.0.5** Tim and Fuzz take on a Ford Escort RS2000.
 6.00 **Nazi Megastructures** The world's first long-range rockets.



3.00 Lost Treasures of Angkor

- 7.00 **Air Crash Investigation** A Martinair flight crashes in Portugal amid heavy rain and thunderstorms.

- 8.00 **Hitler's Death Army: Das Reich** Part one of two. Documentary about German soldiers who perpetrated massacres.

- 9.00 **Hitler's Death Army: Das Reich** Part two of two. Massacres on the Eastern Front in the last year of World War Two.

- 10.00 **Nazi Megastructures** A look into Hitler's plan to create one of history's greatest air defence systems.

- 11.00 **Air Crash Investigation** Chalk's Ocean Airways Flight 101.
 12.00 **MT A C-130 firebomber.**
 1.00 AM **Plane Crash Recreated**
 2.00 **Lords of War** Documentary.
 2.30 **Made in a Day**
 3.20 **Food Factory** Double bill.
 4.10 to 5.00 AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

- 6.00 AM **American Pickers**
 6.50 **History's Greatest Aircraft**
 7.45 **Flipping Bangers**
 8.45 **Forged in Fire**
 9.35 **Storage Wars**
 12.00 **NOON Mountain Men**
 1.00 PM **Flipping Bangers**
 2.00 **Combat Trains**
 4.00 **Digging for Britain**
 5.00 **Pawn Stars** A sword with an attached pistol from the 1700s.
 5.30 A set of San Francisco 49ers Super Bowl rings.
 6.00 **American Pickers** Mike learns about an Evel Knievel jump.



10.00 Prison Chronicles

- 7.00 **Forged in Fire** Four bladesmiths must craft a hatchet, then two are tasked with re-creating the Maasai lion spear.

- 8.00 **History's Greatest Aircraft** **New edition** The Junkers Ju 52, which was used as an air ambulance, transport and bomber.

- 9.00 **The Proof Is Out There** **New edition** A strange swirling vortex with a white centre seen in the skies over Oklahoma.

- 10.00 **Prison Chronicles** **New editions** The history of Leavenworth prison.
 10.30 **Dannemora** prison in New York.

- 11.00 **The UnXplained with William Shatner**
 12.00 **MT The Lost Women Spies** **Series finale** The capture of a key Nazi uncovered secrets.
 1.05 AM **Flipping Bangers**
 2.05 **The Curse of Oak Island**
 3.00 **History's Greatest Aircraft**
 4.00 to 6.00 AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

- 6.10 AM **Antiques Roadshow**
 8.00 **Secret Nazi Bases**
 9.00 **Nazi Hunters**
 10.00 **The Architecture the Railways Built** Double bill.
 12.00 **NOON Joanna Lumley's Trans-Siberian Adventure**
 1.00 PM **Antiques Roadshow**
 2.00 **Bangers & Cash**
 4.00 **Secret Nazi Bases**
 5.00 **Living with Hitler** The events that the German population lived through in the Nazi era.
 6.00 **Antiques Roadshow** A visit to Helmingham Hall in Suffolk.



6.00 Antiques Roadshow

- 7.00 **Speed with Guy Martin: F1 Challenge** The racer joins a Formula One pit crew during the 2017 Belgian Grand Prix.

- 8.00 **Robson's Extreme Fishing Challenge** A violent storm threatens to scupper Robson's first challenge in Michigan.

- 9.00 **Bangers & Cash** Derek heads to North Wales to collect a gem of a Bentley with coachwork built by Parisian outfit Kellner.

- 10.00 **Bangers & Cash: Restoring Classics** The team take on one of their most ambitious projects, a 1963 Lotus Elan Series 1.

- 11.00 **Abandoned Engineering** Exploring the remains of a sky-high solution to a ground-based problem in Georgia.
 12.00 **MT Joanna Lumley's Trans-Siberian Adventure** The actor embarks on a 6,400-mile journey.
 1.00 to 3.00 AM **Secrets of the London Underground**

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM **Chasing Classic Cars**
 8.00 **American Pickers**
 9.00 **Aussie Gold Hunters**
 11.00 **The Repair Shop**
 1.00 PM **Salvage Hunters**
 3.00 **Shed and Buried**
 4.00 **Find It, Fix It, Flog It**
 6.00 **The Repair Shop**
 8.00 **Wheeler Dealers** Mike gambles on a Ford P100 imported from South Africa to Scotland.
 9.00 **Richard Hammond's Workshop** **New edition** After appointing the new manager, Richard questions his own role in the business.
 10.00 **The Repair Shop** The team restore a harmonium, a sculpture and a charm bracelet.
 11.00 **Wheeler Dealers**
 1.00 AM **Chasing Classic Cars**
 3.00 **Find It, Fix It, Flog It**
 4.00 to 5.00 AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM **Say Yes to the Dress: Bridesmaids**
 7.00 **Say Yes... Lancashire**
 8.00 **Curvy Brides Boutique**
 9.00 **Say Yes to the Dress**
 10.00 **Forensic Detectives**
 12.00 **NOON Deadly Affairs**
 1.00 PM **On the Case with Paula Zahn**
 2.00 **Murder on CCTV**
 3.00 **Faking It: Tears of a...**
 4.00 **American Monster**
 6.00 **People Magazine Investigates**
 7.00 **The Killer in My Family**
 8.00 **Murder on CCTV**
 9.00 **NEW SERIES Body Cam** An intoxicated driver hits a train carrying explosive chemicals.
 10.00 **Web of Lies**
 11.00 **Murder on CCTV**
 12.00 **MT Faking It: Tears of a Crime** Double bill.
 2.00 AM **Murder Comes to Town** Documentary.
 3.00 to 4.00 AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM **Judge Judy**
 1.00 PM **Judge Judy**
 7.00 **See No Evil** Student Julissa Brisman is found shot and bound in a hotel room in Boston.
 8.00 **Killers: Caught on Camera** In Michigan, a young couple are found dead in a shed, while in Colorado, a woman is found murdered after a tip-off.
 9.00 **Forensic Factor** **New edition** The body of a 22-year-old college student is discovered.
 10.00 **A Secret to Die For** **New edition** A Baton Rouge local TV celebrity and pastor spins a dark web of shocking secrets.
 11.00 **Evidence of Evil**
 12.00 **MT 48 Hours**
 1.00 AM **Forensic Factor**
 2.00 AM **A Secret to Die For**
 3.00 **Medical Detectives**
 4.00 to 6.00 AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM **48 Hours**
 11.00 **Medical Detectives**
 2.00 PM **48 Hours**
 4.00 **Medical Detectives** When a fatally wounded woman crawls to call 911, her husband becomes the main suspect.
 4.30 **Deeply religious** Gail Fulton is shot in the suburbs of Michigan.
 5.00 **An arrest is made** 20 years after three sex workers were murdered.
 5.30 **A criminally charged sex offender** and murderer attacks in a terrifying rage.
 6.00 **A house fire kills the only doctor in the small town of Laeger.**
 6.30 **A 77-year-old on a road trip is attacked by a thief and shot to death.**
 7.00 **Judge Judy** Real-life small-claims cases.
 12.05 AM **Judge Judy**
 4.45 to 6.00 AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

- 6.00 AM **Highway Cops**
 7.00 **Send in the Dogs**
 8.00 **Stop, Search, Seize**
 9.00 **Nothing to Declare**
 10.00 **Brit Cops**
 11.00 **Catching the Killer**
 12.00 **NOON Killing Mum...**
 1.00 PM **Killer in My Village**
 2.00 **Murders That Shocked...**
 3.00 **Most Evil Killers**
 5.00 **Catching the Killer**
 6.00 **Killing Mum and Dad**
 7.00 **Most Evil Killers**
 9.00 **World's Most Evil Killers** **New edition**
 10.00 **Made for Murder**
 11.00 **Catching the Killer**
 12.00 **MT World's Most Evil...**
 1.00 AM **Murders That Shocked the Nation**
 2.00 **The Real Manhunter** **New edition** True-crime.
 3.00 **Ireland's Most Evil Killers** Colin Whelan.
 4.00 **UK Border Force**
 5.00 to 6.00 AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM **Grand Tours of...**
 8.40 **Wrecks That Changed...**
 9.35 **Chivalry and Betrayal...**
 10.50 **The Wheelchair President** As 8.50pm.
 11.50 **Auschwitz: The Inside...**
 1.00 PM **Grand Tours of...**
 1.40 **Wrecks That Changed...**
 2.35 **Chivalry and Betrayal...**
 3.50 **The Wheelchair President** As 8.50pm.
 4.50 **Grand Tours of Scotland**
 5.30 **Auschwitz: The Inside...**
 6.35 **Wrecks That Changed the World** Documentary.
 7.35 **Chivalry and Betrayal: The Hundred Years War**
 8.50 **The Wheelchair President** **Series finale** 2/2. The story of Franklin Roosevelt's leadership in World War Two.
 9.50 **Auschwitz: The Inside Man** The untold story of Witold Pilecki.
 11.00 **Wrecks That Changed...**
 12.00 **MT The Wheelchair...**
 1.00 to 2.00 AM **Grand Tours of Scotland**

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM The Movies
7.00 Discovering: Harrison Ford
8.00 The Directors
9.00 The Nineties
10.00 Janet Jackson
11.00 Ren Faire
12.00 NOON Natalie Wood: What Remains Behind
2.00 PM Mama's Boy: A Story from Our Americas Documentary.
4.00 The Directors
5.00 Discovering: Harrison Ford
6.00 The Nineties
7.00 Janet Jackson 3/4. Janet signs million-dollar sponsorship deals and becomes a sex icon.
8.00 Yacht Rock: A Documentary Chronicling the rise of soft rock.
10.00 Boyzone: No Matter What 3/3. Charting the band's split and eventual reunion.
11.00 Pete Doherty: Stranger in My Own Skin Documentary.
1.00 AM The United Way
2.50 1972: Munich's Black September Documentary.
4.50 My Icon: Anthony Joshua
5.00 to 6.00 AM Discovering: Harrison Ford

Crime+Investigation

156 837 133

- 6.00 AM Homicide: Hours to Kill
7.00 Homicide Hunter
8.00 The First 48 True-crime.
9.00 Meet, Marry, Murder
10.00 Murder by Medic
11.00 Imperfect Murder
12.00 NOON Buried in the Backyard
1.00 PM Somebody's Hiding Something Documentary.
2.00 Murder Masterminds
3.00 Killer Britain with Dermot Murnaghan Sana Muhammad.
4.00 Meet, Marry, Murder
5.00 On the Case with Paula Zahn
6.00 Homicide: Hours to Kill
7.00 The First 48 True-crime.
8.00 Murder by Medic New edition The crimes of Colin Howell.
9.00 A Perfect Scam Documentary.
10.00 Tell Me How I Died
11.00 Homicide Hunter
12.00 MT Buried in the Backyard
1.00 AM A Perfect Scam
2.00 Tell Me How I Died
3.00 Somebody's Hiding Something
4.00 On the Case with Paula Zahn
5.00 to 6.00 AM Imperfect Murder

+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM Inside the Ambulance at Christmas Triple bill of editions.
12.00 NOON Inside the Ambulance
3.00 PM Inside the Ambulance at Christmas Double bill.
5.00 The Bill Four episodes.
7.00 Pointless Double bill of the general knowledge quiz show.
9.00 The Alienist New episodes Belly of the Beast: 5/8. Sara enlists the help of Joanna to tail their prime suspect
10.00 Memento Mori: 6/8. Sara and Moore try to track down new information about their suspect. (S2)
11.00 The Bill Luck of the Draw: Roach goes undercover to find out more about a lottery scam.
11.35 No Strings: Roxanne helps Roach and Viv to catch bag snatchers at a disco.
12.05 AM The Bill Double bill.
1.10 Pointless Quiz series.
3.10 Inside the Ambulance at Christmas Documentary.
4.00 Inside the Ambulance
5.35 to 6.00 AM The Bill

+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM Tales from Zambia
7.00 Monkey Life Double bill.
8.00 Undiscovered Vistas
9.00 Amazing Animal Friends
10.00 A Wild Year on Earth
11.00 Wildlife ER Documentary.
12.00 NOON Uptown Otters
1.00 PM Monkey Life
2.00 Undiscovered Vistas
3.00 Amazing Animal Friends
4.00 A Wild Year on Earth
5.00 Wild Family Ties
6.00 Uptown Otters
7.00 Monkey Life Double bill.
8.00 David Attenborough's Dragons and Damsels
9.00 Planet Weird Documentary.
10.00 Uptown Otters Anna spends quality time with the pups.
11.00 Wild Family Ties
12.00 MT Wildlife ER
1.00 AM Arctic Secrets
2.00 David Attenborough's Dragons and Damsels
3.00 Planet Weird As 9.00pm.
4.00 Undiscovered Vistas
5.00 to 6.00 AM Amazing Animal Friends

WILD

165 841 182

- 8.00 AM Yukon Vet
9.00 Shark Men Documentary.
10.00 Last of the Giants: Wild Fish
11.00 World's Deadliest
12.00 NOON The Incredible Dr Pol
1.00 PM Yukon Vet
2.00 Frozen Kingdom of the Snow Leopard Documentary.
3.00 Malika the Lion Queen
4.00 Secrets of the Zoo: Tampa
5.00 The Incredible Dr Pol
6.00 Snakes in the City Cobras seek refuge from a fire in Cape Town.
7.00 Secrets of the Zoo An orphaned manatee is ready to be released into the wild.
8.00 Land of the Iberian Lynx 1&2/2. A year in the life of the Iberian lynx in southern Spain.
10.00 Peru's Wild Kingdom A profile of the many creatures living on the banks of Peru's Manú river.
11.00 Ice Road Rescue
12.00 MT When Sharks Attack 360
1.00 AM World's Deadliest
2.00 Yukon Vet Dr Oakley treats a mink that cannot stop sneezing.
3.00 Secrets of the Zoo: Tampa
4.00 to 5.00 AM Yukon Vet

ID

154 166

- 8.00 AM Evil Stepmothers
9.00 I Am Homicide
11.00 A Crime to Remember
1.00 PM I Almost Got Away with It
3.00 Still a Mystery Double bill.
5.00 To Catch a Killer
7.00 Unravalled: Countdown to a Kill The case of Bernie Gruzca, whose plan to steal from his employers drove him to murder.
8.00 The story of the murder of orthodontist David Lynn Harris by wife Clara, who ran her husband over in a hotel car park in July 2002.
9.00 Evil Lives Here Tonja Balden doesn't know the man she meets at a bar hides a secret.
10.00 The case of a 17-year-old who shared her boyfriend's murderous secret.
11.00 Married to Evil A figure dressed as a clown shoots a mother on her doorstep.
12.00 MT Evil Kin Double bill.
2.00 AM To Catch a Killer
4.00 to 6.00 AM Unravalled: Countdown to a Kill

+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM Ancient Aliens
8.00 History's Greatest Mysteries
9.00 History of Weapons
10.00 What on Earth?
11.00 Ancient Aliens Double bill.
1.00 PM River Hunters
2.00 Walking Through History
3.00 Clash of the Gods
4.00 History of Weapons
5.00 The Proof Is Out There
6.00 What on Earth?
7.00 UFO Files Former staff of government facility Hangar 18 reveal its secrets.
8.00 Hitler's British Island A look into Nazi control of the Channel Island of Alderney.
9.00 Spycraft The motivations leading people to spy against their own nations.
10.00 History's Greatest Mysteries The Lost Dutchman's Mine.
11.00 Secrets in the Sand
12.00 MT Ancient Aliens
2.00 AM River Hunters
3.00 Weird Britain
4.00 UFO Files As 7.00pm.
5.00 to 6.00 AM The Proof Is Out There

Discovery History

174 181

- 7.00 AM Concorde: The Final Flight
8.00 Kings of Construction
9.00 Combat Dealers
10.00 Blowing Up History
12.00 NOON Expedition Unknown
2.00 PM NASA's Unexplained Files
3.00 How the Universe Works
4.00 Mysteries of the Missing
5.00 Mysteries at the Museum
7.00 Expedition Bigfoot Mireya and Ronny make a huge discovery.
8.00 Concorde: The Final Flight The supersonic plane's last flight.
9.00 Combat Dealers Bruce sells a World War Two tank destroyer to an Australian museum.
10.00 Shed and Buried Henry and Guy are invited to Yeomans in Worcestershire.
10.30 Henry and Fuzz visit an ex-commercial pilot with two hangars' worth of stuff.
11.00 Blowing Up History
1.00 AM How the Universe Works
2.00 NASA's Unexplained Files
3.00 to 5.00 AM Expedition Unknown

+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM World's Greatest Motorcycle Rides
7.00 Kindig Customs
8.00 Iron Resurrection
9.00 Roadworthy Rescues
10.00 Shed and Buried
11.00 Salvage Hunters: Classic Cars
12.00 NOON Richard Hammond's Workshop A vintage Bentley.
1.00 PM Extreme RVs
2.00 Wheeler Dealers
3.00 Motor Pickers
4.00 Lucky! Bernie Ecclestone fights to control Formula 1.
5.00 Roadworthy Rescues
6.00 Salvage Hunters: Classic Cars
7.00 Richard Hammond's Workshop
8.00 Lucky! Bernie quietly increases his influence on Formula 1.
9.00 Kindig Customs
10.00 Motor Pickers
11.00 Shed and Buried
12.00 MT Lucky! As 8.00pm.
1.00 AM Iron Resurrection
2.00 Fast N' Loud
3.00 Wheeler Dealers
4.00 to 5.00 AM Gear Dogs

+1 hour 261/272

Sky Cinema Premiere

301 401 501 515

- 6.55 AM Fox and Hare Save the Forest Animated family adventure. (2024, U, 71min)
8.20 The Garfield Movie (2023)
10.05 The Line As 8.00pm.
12.05 PM A Place Called Silence
2.15 The Last Stop in Yuma County Crime thriller. (2023, 15, 110min) ★★★★★
4.05 The Garfield Movie Animation. (2023, U, 101min) ★★
5.50 The Bikeriders Drama. (2023, 15, 116min) ★★★★★



10.00 Furiosa: A Mad Max Saga

- 8.00 The Line Co-writer/director Ethan Berger's drama starring Alex Wolff and Bo Mitchell. A university student tries to live his life without a fear of consequences. With Lewis Pullman (2023, 15, 100min)
10.00 Furiosa: A Mad Max Saga Fantasy prequel starring Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by the crazed Dementus. (2024, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.35 AM I Saw the TV Glow Horror starring Justice Smith. (2024, 15, 100min) ★★
2.25 A Place Called Silence Chinese thriller with Eric Wang. Subtitled. (2024, 15, 119min)
4.40 to 6.25 AM Timestalker Fantasy starring Alice Lowe. (2024, 15, 89min) ★★★★★

Sky Cinema Drama

310 410 510 524

- 7.05 AM The Glorias Biographical drama. (2020, 12, 139min) ★★
9.35 L'immensità As 1.25am.
11.20 One Life Biographical drama. (2023, 12, 105min) ★★★★★
1.20 PM Eternal Sunshine of the Spotless Mind Offbeat romantic comedy starring Jim Carrey. (2004, 15, 108min) ★★★★★
3.10 Dance First Biographical drama. (2023, 12, 100min) ★★
5.00 Beau Is Afraid Horror comedy starring Joaquin Phoenix. (2023, 15, 179min) ★★★★★
8.00 The Unlikely Pilgrimage of Harold Fry Drama starring Jim Broadbent and Penelope Wilton. (2023, 12, 108min) ★★
9.50 Black Dog Drama starring Jamie Flatters and Keenan Munn-Francis. Two teens from different London backgrounds set out on a road trip to the north together. With Paul Kaye. (2023, 15, 96min) ★★
11.35 Beach Rats Powerful drama. (2017, 15, 98min) ★★
1.25 AM L'immensità Italian drama. (2022, 12, 99min) ★★
3.10 Ordinary Angels Drama. (2024, 12, 113min) ★★★★★
5.15 to 6.55 AM Cicada Drama. (2020, 15, 96min) ★★★★★

Sky Cinema Hits

303 403 503 517

- 6.50 AM Knights of the Zodiac Drama. (2023, 12, 112min) ★★
8.50 Breaking Crime drama. (2022, 15, 103min) ★★
10.50 Shazam! Fury of the Gods Fantasy adventure sequel. (2023, 12, 130min) ★★
1.05 PM The Da Vinci Code Thriller. (2006, 12, 149min) ★★
3.35 Angels & Demons Mystery. (2009, 12, 138min) ★★
5.55 Inferno Suspense thriller. (2016, 12, 121min) ★★



10.00 Bad Boys

- 8.00 How to Lose a Guy in 10 Days Romantic comedy starring Kate Hudson and Matthew McConaughey. A journalist sets out to seduce and then alienate an adman, but her target has his own agenda. (2003, 12, 116min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.00 Bad Boys Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. (1995, 15, 118min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.05 AM Bad Boys II Action comedy sequel starring Martin Lawrence and Will Smith. (2003, 15, 147min) ★★
2.40 Barber Mystery starring Aidan Gillen and Gary Lydon. (2023, 15, 90min) ★★
4.20 to 6.05 AM Monolith Thriller. (2022, 15, 90min) ★★

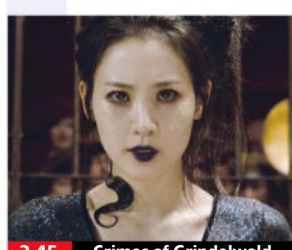
Sky Cinema Sci-fi/Horror

311 411 511 525

- 7.00 AM Biosphere As 10.05pm.
8.50 Five Nights at Freddy's (2023)
10.45 A.I. Artificial Intelligence Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★★
1.20 PM Gravity Space thriller. (2013, 12, 91min) ★★★★★
3.00 Silent Running Sci-fi drama. (1972, U, 90min) ★★★★★
4.35 Sick Horror starring Gideon Adlon. (2022, 18, 83min) ★★
6.05 Five Nights at Freddy's Horror. (2023, 15, 109min) ★★
8.00 World War Z Apocalyptic action thriller starring Brad Pitt. A UN investigator tries to stop a fast-spreading zombie virus. (2013, 15, 116min) ★★★★★
10.05 Biosphere Comedy drama starring Mark Duplass. The last two men on Earth must adapt and evolve to save humanity. (2022, 15, 106min) ★★
12.00 MT Continuum Sci-fi drama. (2013, 15, 89min) ★★
1.40 AM Thanksgiving Horror thriller starring Addison Rae. (2023, 18, 106min) ★★
3.30 Tarot Horror starring Harriet Slater. (2024, 15, 92min) ★★
5.10 to 7.10 AM Something in the Dirt Sci-fi comedy drama. (2022, 15, 116min) ★★★★★

Sky Cinema Harry Potter

- 306 406 506 520**
- 7.45** AM **Fantastic Beasts: The Crimes of Grindelwald** Fantasy adventure starring Daniel Radcliffe as the famous boy wizard, who does not learn of his magical heritage until his 11th birthday. With Emma Watson. (2001, PG, 152min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.05** AM **Fantastic Beasts: The Secrets of Dumbledore** As 5.05pm. PM **Fantastic Beasts and Where to Find Them** Fantasy prequel. (2016, 12) ★★★★★
- 2.45** AM **Fantastic Beasts: Crimes of Grindelwald** Fantasy sequel. (2018, 12, 134min) ★★★★★
- 5.05** AM **Fantastic Beasts: Secrets of Dumbledore** Fantasy sequel. (2022, 12, 142min) ★★★★★



2.45 ...Crimes of Grindelwald

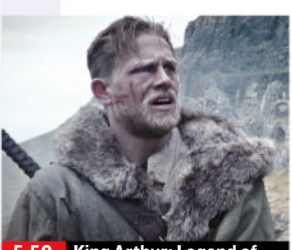
- 7.30** AM **Harry Potter and the Philosopher's Stone** Fantasy adventure starring Daniel Radcliffe as the famous boy wizard, who does not learn of his magical heritage until his 11th birthday. With Emma Watson. (2001, PG, 152min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.05** AM **Harry Potter and the Chamber of Secrets** Fantasy adventure starring Daniel Radcliffe. The boy wizard and his friends confront a dark force that is terrorising their school. (2002, PG, 161min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.50** AM **Harry Potter and the Prisoner of Azkaban** Fantasy adventure with Daniel Radcliffe. (2004, PG, 142min) ★★★★★
- 3.15** to **6.00** AM **Harry Potter and the Goblet of Fire** Fantasy with Daniel Radcliffe. (2005, 12, 157min) ★★★★★

Sky Cinema Awards Season

- 302 402 502 516**
- 6.00** AM **Ben-Hur** As 4.10am.
- 9.50** AM **Cold Mountain** As 1.30am.
- 12.40** PM **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
- 3.10** AM **Mad Max: Fury Road** Sci-fi thriller starring Tom Hardy. (2015, 15, 120min) ★★★★★
- 5.20** AM **Zero Dark Thirty** Kathryn Bigelow's fact-based drama. (2012, 15, 157min) ★★★★★
- 8.00** AM **The Hobbit: The Desolation of Smaug** Peter Jackson's fantasy adventure sequel starring Martin Freeman and Ian McKellen. Bilbo Baggins and the company of dwarves continue their quest to reclaim the lost kingdom. (2013, 12, 161min) ★★★★★
- 10.45** AM **Mission: Impossible – Dead Reckoning Part One** Action thriller starring Tom Cruise. The IMF team race to acquire two halves of an interlocking key. (2023, 12, 163min) ★★★★★
- 1.30** AM **Cold Mountain** Anthony Minghella's drama starring Jude Law and Nicole Kidman. (2003, 15, 152min) ★★★★★
- 4.10** to **7.55** AM **Ben-Hur** Multi-Oscar-winning epic starring Charlton Heston. (1959, PG, 212min) ★★★★★

Sky Cinema Action

- 307 407 507 521**
- 7.00** AM **The Cinema List: Payback**
- 7.20** AM **Blue Beetle** Adventure. (2023, 12, 127min) ★★★★★
- 9.30** AM **King Arthur: Legend of the...**
- 11.40** AM **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★★★
- 1.40** PM **The Fall Guy** Action comedy. (2023, 12) ★★★★★
- 3.50** AM **S.W.A.T.** Action thriller. (2003, 12, 115min) ★★★★★
- 5.50** AM **King Arthur: Legend of the Sword** Fantasy. (2017, 12) ★★★★★



5.50 King Arthur: Legend of...

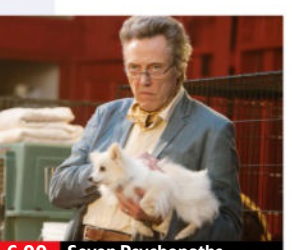
- 8.00** AM **Man of Steel** Fantasy adventure starring Henry Cavill, Amy Adams and Michael Shannon. A young outcast with superpowers must confront his destiny when aliens from his home planet threaten Earth. With Kevin Costner. (2013, 12, 143min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.30** AM **Superman Returns** Adventure with Brandon Routh and Kate Bosworth. Superman returns to discover that arch enemy Lex Luther is threatening humanity yet again. (2006, 12, 154min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 1.10** AM **King of Killers** Action thriller. (2023, 15, 92min) ★★★★★
- 2.50** AM **Mob Land** Crime thriller. (2023, 15, 111min) ★★★★★
- 4.45** to **6.30** AM **Once Upon a Time in China and America** Adventure. (1997, 15) ★★★★★

Sky Cinema Greats

- 304 404 504 518**
- 6.00** AM **Johnny Mnemonic** (1995)
- 7.50** AM **It Came from Outer Space**
- 9.25** AM **Star Trek The Motion Picture** Sci-fi adventure starring William Shatner. (1979, U, 132min) ★★★★★
- 1.45** PM **Superman** Sci-fi adventure. (1978, PG, 143min) ★★★★★
- 4.10** AM **Back to the Future** Comedy fantasy starring Michael J. Fox. (1985, PG, 115min) ★★★★★
- 6.10** AM **Back to the Future Part II** Comedy sequel starring Michael J. Fox and Christopher Lloyd. (1989, PG, 107min) ★★★★★
- 8.00** AM **Superman II** Fantasy adventure sequel starring Christopher Reeve. Three villains with Kryptonite challenge the Man of Steel. (1980, PG, 127min) ★★★★★
- 10.10** AM **Star Trek II: The Wrath of Khan** Sci-fi adventure sequel. (1982, 12, 113min) ★★★★★
- 12.10** AM **Stargate** Sci-fi adventure. (1994, PG, 125min) ★★★★★
- 2.20** AM **Johnny Mnemonic** Futuristic thriller starring Keanu Reeves. (1995, 15, 98min) ★★★★★
- 4.05** AM **It Came from Outer Space** Thriller starring Richard Carlson. (1953, b/w, PG, 81min) ★★★★★
- 5.35** to **6.35** AM **Sky Cinema Preview**

Sky Cinema Comedy

- 308 408 508 522**
- 6.55** AM **The Blackening** (2022)
- 8.40** AM **White Chicks** (2004, 15) ★★★★★
- 10.40** AM **Sausage Party** Animation. (2016, 15, 89min) ★★★★★
- 12.15** PM **Trainwreck** Comedy. (2015, 15, 124min) ★★★★★
- 2.25** AM **Disaster Movie** Spoof comedy. (2008, 12, 86min) ★★★★★
- 4.00** AM **Being John Malkovich** Comedy. (1999, 15, 112min) ★★★★★
- 6.00** AM **Seven Psychopaths** Thriller starring Christopher Walken. (2012, 15, 106min) ★★★★★



6.00 Seven Psychopaths

- 8.00** AM **Mr Deeds** Comedy starring Adam Sandler and Winona Ryder. The owner of a pizzeria travels to New York after inheriting \$40billion from a distant relative. (2002, 12, 96min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.45** AM **Spoiler Alert** Comedy drama with Jim Parsons and Ben Aldridge. A gay couple's relationship takes a tragic turn when one of them is diagnosed with terminal cancer. (2022, 15, 112min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.45** AM **Don't Tell Mom the Babysitter's Dead** Comedy remake with Simone Joy Jones. (2004, 15, 99min) ★★★★★
- 1.35** AM **The Blackening** Horror comedy starring Grace Byers. (2022, 15, 97min) ★★★★★
- 3.20** AM **Coup!** Black comedy thriller. (2023, 12, 98min) ★★★★★
- 5.05** to **6.45** AM **Balls of Fury** Spoof. (2007, 12, 90min) ★★★★★

Sky Cinema Animation

- 305 412 500 514**
- 6.05** AM **Amazing Maurice** Animation. (2022, PG, 93min) ★★★★★
- 7.55** AM **Cloudy with a Chance of Meatballs** (2009, U) ★★★★★
- 9.40** AM **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
- 11.15** AM **Curious George** Animation. (2006, U, 87min) ★★★★★
- 1.00** PM **Batman Unlimited: Mech vs Mutants** (2016, PG) ★★★★★
- 2.25** AM **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★★★
- 4.00** AM **Hotel Transylvania 3: Summer Vacation** (2018, U) ★★★★★
- 5.45** AM **Mr Peabody & Sherman** Animation. (2014, U) ★★★★★
- 7.25** AM **10 Lives** Animated comedy. (2024, U, 98min) ★★★★★
- 9.10** AM **The Inventor** Animated comedy. (2023, PG, 100min) ★★★★★
- 10.55** AM **Batman Unlimited: Animal Instincts** (2015, PG) ★★★★★
- 12.20** AM **Adventures of Tom Thumb and Thumbelina** (2002, U) ★★★★★
- 1.40** AM **Batman: Return of the Caped Crusaders** Animated adventure. (2016, PG, 78min) ★★★★★
- 3.05** AM **Mavka: The Forest Song** Animation. (2023, PG) ★★★★★
- 4.55** to **6.30** AM **Rock Dog** Animated family adventure. (2016, PG, 90min) ★★★★★

Sky Cinema Thriller

- 309 409 509 523**
- 7.40** AM **Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★
- 9.50** AM **The Lesson** Romantic thriller. (2023, 15, 103min) ★★★★★
- 11.45** AM **Poker Face** Crime thriller. (2022, 15, 120min) ★★★★★
- 1.30** PM **State of Play** Thriller. (2009, 12, 127min) ★★★★★
- 3.40** AM **The Bourne Supremacy** Espionage thriller sequel. (2004, 12, 108min) ★★★★★
- 5.40** AM **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★★



10.10 Law Abiding Citizen

- 8.00** AM **Jack Reacher: Never Go Back** Crime thriller sequel starring Tom Cruise and Cobie Smulders. The vigilante tries to save an army major who has been framed for murder by a sinister conspiracy. (2016, 12, 118min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.10** AM **Law Abiding Citizen** Thriller starring Jamie Foxx and Gerard Butler. A man takes revenge against the Philadelphia criminal justice system. (2009, 18, 109min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.10** AM **One Day as a Lion** Thriller. (2023, 15, 87min) ★★★★★
- 1.45** AM **Eileen** Mystery thriller. (2023, 15, 97min) ★★★★★
- 3.30** AM **Rumble Through the Dark** Thriller. (2023, 15, 116min) ★★★★★
- 5.35** to **7.25** AM **Changing Lanes** Thriller starring Ben Affleck. (2002, 15, 99min) ★★★★★

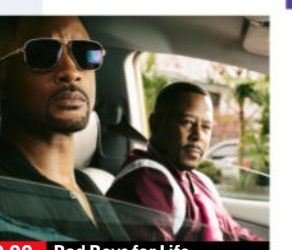
Movies 24

- 312 419**
- 7.00** AM **The Magic of Lemon Drops** Fantasy. (2024, PG, 84min) ★★★★★
- 9.00** AM **The Attraction Test** Romantic comedy. (2022, PG, 85min) ★★★★★
- 11.00** AM **Love Hacks** Romantic drama. (2022, PG, 90min) ★★★★★
- 1.00** PM **The Professional** Bridesmaid Drama with Hunter King. (2023, PG, 90min) ★★★★★
- 3.00** PM **Planning for Joy** Romantic comedy. (2022, PG, 86min) ★★★★★
- 5.00** PM **Perfect Harmony** Romantic comedy. (2022, PG, 84min) ★★★★★
- 7.00** PM **His and Hers** Drama starring Lacey Chabert and Brennan Elliott. (2024, PG, 90min) ★★★★★
- 9.00** PM **Stepping into Love** Romantic drama starring Jenna Michno and Christian Howard. The curator of a struggling museum works with an avant garde artist to develop an unconventional exhibit. (2023, PG, 82min) ★★★★★
- 11.00** PM **Scented with Love** Romantic drama. (2022, PG, 83min) ★★★★★
- 1.00** AM **Inspiring Love** Romantic drama with Donna Benedicto. (2023, PG, 85min) ★★★★★
- 3.00** to **5.00** AM **An American in Austen** Romantic comedy. (2024, PG, 84min) ★★★★★

Movies 24+ 315 420

Film 4

- 313 855 428 14 300**
- Films start at 11.00am**
- 11.00** AM **Henry VIII and His Six Wives** Historical drama. (1972, PG, 125min) ★★★★★
- 1.25** PM **Young Winston** Biopic. (1971, PG, 157min) ★★★★★
- 4.15** PM **Operation Petticoat** World War Two comedy. (1959, U, 124min) ★★★★★
- 6.45** PM **Bend It Like Beckham** Romantic comedy with Keira Knightley and Parminder Nagra. (2002, 12, 113min) ★★★★★



9.00 Bad Boys for Life

- Bend It Like Beckham** (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.00** AM **Bad Boys for Life** Action comedy sequel starring Will Smith and Martin Lawrence. Miami detective Mike Lowrey is targeted for assassination by a crime lord's widow. With Paola Nunez and Vanessa Hudgens. (2020, 15, 124min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.25** AM **Die Hard** Action thriller with Bruce Willis. A vacationing New York cop tackles a gang of terrorists when they seize control of a tower office block in Los Angeles at Christmas. (1988, 15, 131min) ★★★★★
- 2.05** to **3.55** AM **Jungleland** Drama starring Charlie Hunnam and Jack O'Connell. (2020, 15, 90min) ★★★★★

Talking Pictures

- 328 445 82 306**
- 6.00** AM **Bulldog Drummond's Bride** Mystery. (1939, b/w, U) ★★★★★
- 7.10** AM **Girdle of Gold** Comedy. (1952, b/w, U, 60min) ★★★★★
- 8.25** AM **Life with the Lyons** Family comedy. (1953, U, 80min) ★★★★★
- 10.05** AM **Marilyn** Crime thriller. (1953, b/w, PG, 70min) ★★★★★
- 11.25** AM **Guilty?** (1956, b/w, PG) ★★★★★
- 1.15** PM **Ladies Who Do** Comedy. (1963, b/w, U, 85min) ★★★★★
- 2.55** AM **What's On TPTV with Noel**
- 3.05** AM **Scandal Sheet** Crime drama. (1951, b/w, PG, 82min) ★★★★★
- 4.45** AM **Churchill's Secret Army**
- 5.20** AM **Edgar Wallace Mystery Theatre**
- 6.30** AM **Colonel March of Scotland Yard**
- 7.05** AM **Batman 30/34** (S1)
- 7.35** AM **Beau Geste 7/8** (S1)
- 8.05** AM **Rumpole of the Bailey** (S6)
- 9.15** AM **Love for Lydia 2/13** (S1)
- 10.20** AM **Cellar Club with Caroline Munro**
- 10.25** AM **The Revenge of Frankenstein** Horror. (1958, 12, 86min) ★★★★★
- 12.15** AM **Cellar Club with Caroline...**
- 12.20** AM **Fragment of Fear** Thriller. (1971, 15, 95min) ★★★★★
- 2.15** AM **Cellar Club with Caroline Munro**
- 2.20** AM **Monster from Green Hell** Sci-fi chiller. (1957, b/w, PG, 71min) ★★★★★
- 3.45** AM **Borderline** (1950, b/w, PG) ★★★★★
- 5.25** AM **Cinebox Memories**
- 5.30** to **6.00** AM **Beverly Hillbillies**

Sky Sports	Main Event
401 511 501 419 439	
6.00	AM Sky Sports News
6.30	Back Pages Tonight
7.00	LIVE WTA Tennis Coverage of the third day of the WTA Dubai Tennis Championships, a hard-court tournament staged at Aviation Club Tennis Centre.
11.30	LIVE WTA & ATP Tennis Coverage from the Tours
7.30	PM Sky Sports News
8.00	LIVE F1 75 Season Launch A special night to launch the start of Formula 1's 75th anniversary year, from The O2 in London.
10.00	LIVE ATP Tennis Coverage of the second day of the ATP Rio de Janeiro Open, a clay-court tournament staged at Jockey Club Brasileiro in Rio de Janeiro, Brazil. Argentina's Sebastian Baez was crowned champion in 2024, overcoming compatriot Mariano Navone 6-2, 6-1 in the final.
2.00	AM Sky Sports News
2.30	Back Pages Tonight
3.00	Sky Sports News
3.30	Back Pages Tonight
4.00	Sky Sports News
4.30	Back Pages Tonight
5.00	Sky Sports News
5.30	to 6.00 AM Back Pages Tonight

TNT Sports 1

410 870 527 408 430

6.00

AM Serie A Action from Italy.

8.00

Premier League Review

9.00

Premiership Rugby Cup

10.00

Allianz Premiership Women's Rugby Saracens v Exeter Chiefs.

11.00

WRC Review Rally Sweden.

12.00

NOON Premier League Review

1.00

PM Premier League: Big Interview An interview with a star of the past or present.

1.30

Fight Night Bout previews.

2.00

ABB FIA Formula E World Championship Highlights

4.00

WRC Review Rally Sweden.

5.00

Ninja A-League Women Highlights Recent action.

5.30

Isuzu A-League Highlights

6.00

Premier League Netbusters

6.30

Premier League Stories

7.00

LIVE UEFA Champions League Atalanta v Club Brugge. The knockout phase play-off second-leg staged at Gewiss Stadium. Kick-off 8.00pm.

10.30

Premier League Reload The weekend's top-flight matches.

10.45

The Football's On

11.45

What I Wore: Best Of

12.00

M'T Rylan: Homophobia, Football and Me

1.00

to 6.00 AM Isuzu UTE A-League

TNT Sports 4

421

876

530

411

434

6.00

AM

MLB Classic

Archive action.

9.00

NBA

All-Star highlights.

1.00

PM

NBA Classic

A look back at Golden State Warriors v Indiana Pacers from the 2016/17 season.

3.00

NBA Originals

A look back at the career of Dikembe Mutombo.

3.30

NBA on Fire

The latest news from the world of the NBA.

4.00

NBA Action

from the NBA All-Star Rising Challenge.

5.00

The All-Star Saturday Night.

6.30

NBA

The All-Star Game.

8.00

Ninja A-League Women Highlights

Recent action.

8.30

Isuzu A-League Highlights

9.00

Fishing: On the Bank

10.00

WRC Review

A look back at the latest action from Rally Sweden.

11.00

Ninja A-League Women Highlights

Recent action.

11.30

Isuzu A-League Highlights

12.00

M/T NBA

All-Star highlights.

4.00

AM

WRC Review

Rally Sweden.

5.00

to 6.00

AM

MLB Classic

Sky Sports	Premier League
402 512 502 420 440	
6.00	AM PL Greatest Games
7.00	Premier League Highlights
8.30	SNF Crystal Palace v Everton.
9.00	Premier League Highlights
10.00	The Football Show
12.00	NOON Gary Neville's Soccerbox
1.00	PM Premier League Highlights Action from Liverpool v Wolves.
1.30	Highlights from Tottenham Hotspur v Manchester United.
2.00	Crystal Palace v Everton.
2.30	Liverpool v Wolves.
3.00	Action from Tottenham Hotspur v Manchester United.
3.30	SNF Crystal Palace v Everton.
4.00	Premier League Highlights Aston Villa v Ipswich Town.
4.30	Fulham v Nottingham Forest.
5.00	Premier League Best Goals
6.00	Netbusters Recent action.
6.30	Premier League 100 Club
7.00	Premier League Review
8.00	Netbusters Highlights.
8.30	Gary Neville's Soccerbox
9.00	Premier League Review
10.00	Premier League Icons
11.00	Premier League Years
1.00	AM PL Retro A match replay.
3.00	PL Greatest Games
4.00	Premier League Best Goals
5.30	to 6.00 AM Premier League 100 Club

TNT Sports 2

411 871 528 409 431

6.00	AM UEFA Champions League
11.00	UEFA Champions League Action from Feyenoord v AC Milan.
12.00	NOON Monaco v Benfica.
1.00	PM Serie A Highlights from AC Milan v Hellas Verona at San Siro.
2.00	Juventus v Inter Milan.
3.00	AS Monaco Centenary A look back at 100 years of AS Monaco.
4.00	UEFA Europa League & Conference League Magazine A round-up of all the latest action.
5.00	UEFA Champions League Magazine News and action.
5.30	LIVE UEFA Champions League AC Milan v Feyenoord. Coverage of the knockout phase play-off second-leg staged at San Siro. Kick-off is at 5.45pm.
7.45	LIVE UEFA Champions League Benfica v Monaco. Coverage of the knockout phase play-off second-leg staged at Estadio da Luz. Kick-off 8.00pm.
10.00	UFC A chance to see Jared Cannonier v Gregory Rodrigues.
1.00	AM UFC Main Event A replay of Israel Adesanya v Sean Strickland.
2.00	UFC Main Event Archive action.
5.00	to 6.00 AM Fishing: On the Bank

Eurosport 1

413 870 521 412 435

6.00 AM **Alpine Skiing** From Austria.

8.00 **Australian Open Tennis** Action from Aryna Sabalenka v Madison Keys in the women's singles final.

9.30 Jannik Sinner v Alexander Zverev in the men's singles final.

11.00 **Masters Snooker** The final.

12.55 PM **Biathlon** From Switzerland.

1.50 **LIVE Biathlon** Coverage of the women's 15km individual event at the World Championships from Lenzerheide, Switzerland.

4.00 **Ski Jumping** In Sapporo, Japan.

6.00 **Cyclo-Cross** From Sint-Niklaas.

7.00 **Biathlon** From Switzerland.

8.00 **Snooker: Scottish Open**

10.00 **Cycling: Men's UAE Tour**

11.00 **Cycling: Tour of Murcia**

12.00 M T **Cycling: Jaen Classic**

1.00 AM **Cycling: Men's UAE Tour**

2.00 **Biathlon** From Switzerland.

3.00 **Alpine Skiing** From Austria.

4.00 **Cycling: Jaen Classic**

5.00 to 6.00 AM **Cycling: Men's UAE Tour**

Sky Sports	Football
403 513 503 421 441	
6.00	AM EFL Cup Highlights
8.45	EFL Greatest Games
10.00	Championship Season Review
11.00	EFL Cup Highlights
11.30	EFL Action from 2017/18.
12.00	NOON EFL Another chance to see Leeds United v Sunderland.
2.00	PM WSL Man City v Liverpool.
2.30	Scottish Premiership Round-Up Top-flight action.
2.45	SPFL Highlights
3.00	EFL Highlights
4.30	Bundesliga Highlights Show
5.30	EFL Highlights
6.00	WSL Manchester City v Liverpool.
6.30	Scottish Premiership Round-Up Top-flight action.
6.45	SPFL Highlights
7.00	EFL Highlights Championship.
8.00	Bundesliga Highlights Show
9.00	EFL Highlights Championship.
10.30	Scottish Premiership Round-Up Top-flight action.
10.45	SPFL Highlights Action from Hearts v Rangers at Tynecastle.
11.00	WSL Manchester City v Liverpool.
11.30	EFL Greatest Games
12.00	M'T Best Goals: EFL Cup 22/23
12.30	AM Championship Retro
2.30	EFL Greatest Games
4.00	EFL Cup The 2017 final.
5.00	to 6.00 AM EFL Highlights

TNT Sports 3

417 874

529

410

432

6.00

AM Test Cricket Highlights
A look at the first Test between West Indies and Bangladesh.

8.00

Test Cricket Highlights
The second Test between West Indies and Bangladesh at Sabina Park.

10.00

Isuzu UTE A-League Melbourne Victory v Wellington Phoenix.

11.00

Highlights from Melbourne City v Perth Glory.

12.00

NOON Action from Western United v Auckland FC.

1.00

PM Isuzu UTE A-League

3.00

Fishing: On the Bank

4.00

Women's Bundesliga VfL Wolfsburg v Eintracht Frankfurt.

5.00

Allianz Premiership Women's Rugby Saracens v Exeter Chiefs.

6.00

Premiership Rugby Cup Action from Harlequins v Saracens.

7.00

Superbike World Championship

8.00

ABB FIA Formula E World Championship Highlights
Highlights from the Jeddah ePrix races at Jeddah Corniche Circuit.

10.00

Fight Night Beterbiev v Bivol.

11.00

Women's Bundesliga

12.00

M'T UEFA Champions League

3.00

AM UEFA Europa League & Conference League Magazine

4.00

to 6.00 AM Premier League Legends

Eurosport 2

414 871 522 413 436

6.00

AM Snooker: Welsh Open

8.00

Biathlon From Lenzerheide.

8.55

Cycling: Men's UAE Tour

9.50

LIVE

Cycling: Men's UAE Tour

Coverage of the second stage, a 12.2km individual time-trial on Al Hudayriyat Island.

11.45

Cycling: Jaen Classic

12.45

PM Cycling: Milan-San Remo

1.00

Cyclo-Cross From Sint-Niklaas.

1.30

Cycling: European Track Championships From Belgium.

3.00

Australian Open Tennis

4.00

Cyclo-Cross From Sint-Niklaas.

5.00

Snooker: German Masters

7.00

Cycling: Jaen Classic

8.00

Cycling: Men's UAE Tour

Stage two from Al Hudayriyat Island.

9.00

Cyclo-Cross From Sint-Niklaas.

10.00

Biathlon From Switzerland.

11.00

World Superbikes

2.00

AM Cycling: Men's UAE Tour

3.00

Cycling: Clasica de Almeria

4.00

Alpine Skiing From Austria.

5.00

to 6.00 AM Biathlon

Sky Sports	Cricket
404 514 504 422 442	
6.00	AM WPL Recent T20 action.
7.00	ICC Men's T20 World Cup
9.00	ICC Champions Trophy Cricket
10.00	ICC Men's T20 World Cup
11.00	WPL Highlights from India.
12.00	NOON IPL Recent action.
12.55	PM WPL T20 highlights.
1.50	LIVE WPL Gujarat Giants v Mumbai Indians. Coverage of the women's T20 match from Kotambi Stadium in Vadodara. This meeting last year saw the visitors come away with a victory thanks to a five-wicket win as they chased down their target of 127. India's Harmanpreet Kaur led the way for Mumbai as she made 46 not out from 41 balls to reach their target with 11 balls to spare.
5.30	ICC Women's World Cup 2017
5.45	ICC Women's World Cup 2009
6.00	Quest: The Official Film
7.30	ICC Men's T20 World Cup
8.00	WPL Recent T20 action.
9.00	ICC Champions Trophy Cricket
10.00	WPL Recent T20 highlights.
11.00	ICC Champions Trophy Cricket
12.00	M'T ICC Men's T20 World Cup
1.00	AM WPL A match replay.
4.40	Ashes Greats Player profiles.
5.00	to 6.00 AM IPL

Sky Sports	Action
408 517 507 426 446	
6.00	AM Super League Highlights
7.00	Fight Night International
8.00	NFL Highlights Recent action.
9.00	Super League Highlights
10.00	NFL Highlights
11.00	Fight Night International Juntto Nakatani v Petch Sor Chitpattana.
12.00	NOON NFL Highlights
1.00	PM Good Morning Football
3.00	Fight Night International Artur Beterbiev v Joe Smith Jr in 2022.
4.00	Jamel Herring v Shakur Stevenson from October 2021.
5.00	NFL Highlights Cincinnati Bengals v Philadelphia Eagles.
6.00	NBC's Pro-Football Talk Mike Florio and Chris Simms present this NFL talk show.
8.00	Fight Night International Artur Beterbiev v Joe Smith Jr in 2022.
9.00	Artur Beterbiev v Callum Smith from January 2024.
10.00	Artur Beterbiev v Dmitry Bivol from October 2024.
11.00	NFL Highlights Action from Detroit Lions v Chicago Bears.
12.00	M'T The Insiders The latest news covering all 32 NFL teams.
1.00	AM Fight Night International
2.00	NFL Highlights
4.00	NFL Bitesize Highlights
4.00	to 6.00 AM NFL Highlights

Sky Sports	Sky Sports+
412 518 508 427 447	
6.00	AM Sky Sports News
6.30	Back Pages Tonight
7.00	LIVE WTA Tennis Day three of the Dubai Tennis Championships at Aviation Club Tennis Centre.
11.30	LIVE WTA & ATP Tennis Featuring the WTA Dubai Tennis Championships, ATP Doha Open and ATP Rio de Janeiro Open.
7.30	PM Bundesliga Archive action.
7.35	LIVE EFL Mansfield Town v Lincoln City. Coverage of the League One match staged at One Call Stadium. Kick-off 7.45pm.
9.45	LIVE ATP Tennis Coverage of day two of the ATP Rio de Janeiro.
1.30	AM Back Pages Tonight
2.00	Sky Sports News
2.30	Back Pages Tonight
3.00	Sky Sports News
3.30	Back Pages Tonight
4.00	Sky Sports News
4.30	Back Pages Tonight
5.00	Sky Sports News
5.30	to 6.00 AM Back Pages Tonight

Sky Sports	Golf
405 515 505 423 443	
6.00	AM Golf Academy
7.00	Nick Dougherty's Tee Time Tips
8.00	Playing Lessons
9.00	PGA Tour Golf Highlights.
10.00	Golf Academy
11.00	Nick Dougherty's Tee Time Tips
12.00	NOON Best of the OpenZone
1.00	PM PGA Tour Golf
2.00	TGL Two match replays.
6.00	Ladies European Tour Golf
7.00	Golf's Greatest Holes
7.30	Nick Dougherty's Tee Time Tips
8.00	TGL The Bay v Boston Common.
10.00	Ladies European Tour Golf
11.00	Golf's Greatest Holes
11.30	Nick Dougherty's Tee Time Tips
12.00	M'T LIVE TGL Jupiter Links v New York. Coverage of the ninth match in the team competition at Palm Beach Gardens in Florida.
2.00	AM Playing Lessons
3.00	Golf Academy Expert tips.
4.00	Nick Dougherty's Tee Time Tips
5.00	to 6.00 AM Playing Lessons

Sky Sports	Tennis
407 537 520 425 445	
6.00	AM ATP Tennis Marseille Open.
7.00	LIVE WTA Tennis Day three of the Dubai Tennis Championships from Aviation Club Tennis Centre.
11.30	LIVE WTA & ATP Tennis Featuring the WTA Dubai Tennis Championships, ATP Doha Open and ATP Rio de Janeiro Open.
7.30	PM LIVE ATP Tennis Coverage of day two of the ATP Rio de Janeiro Open from Jockey Club Brasileiro in Rio de Janeiro, Brazil.
2.00	AM Bitesize Tennis
2.15	Tim Henman Podcast 2024
2.30	Billie Jean King: My Story
2.45	Martina Navratilova: Unstoppable An interview.
3.00	to 6.00 AM WTA Tennis

Sky Sports	Mix
416 873 510 429 449	
6.00	AM Fight Night International
7.00	Super League Highlights
8.00	Fight Night International
9.00	ATP Tennis Recent finals.
11.00	PGA Tour Golf Highlights.
12.00	NOON Playing Lessons
1.00	PM ATP Tennis Recent action.
2.00	WTA Tennis Doha Open final.
3.00	Super League Highlights
4.00	NFL Highlights
6.00	ATP Tennis Recent finals.
8.00	LIVE F1 75 Season Launch From The O2 in London.
10.00	Super League Highlights
11.00	Ladies European Tour Golf
12.00	LIVE NCAA Basketball Florida Gators v Oklahoma Sooners. The college match from the Stephen C O'Connell Centre in Gainesville. Tip-off 12.00m't
2.00	AM ATP Tennis Highlights.
3.00	Women's Super League
3.15	Super League Highlights
4.00	Nick Dougherty's Tee Time Tips
5.00	to 6.00 AM Playing Lessons

Sky Sports	F1
406 516 506 424 444	
6.00	AM Ted's Notebook
6.30	Formula 1 British Grand Prix.
11.20	Ted's Notebook
11.55	Max Verstappen: 4-Time World Champion
12.00	NOON Formula 1
4.45	PM Ted's Notebook
5.15	Vettel's Litter Challenge
5.25	F1 Explained: G-Force
6.30	F1 Show 2024 Season Review
8.00	LIVE F1 75 Season Launch From The O2 in London.
10.00	The Rookies Documentary.
11.00	Jochen Rindt: Uncrowned Champion A racer profile.
12.00	M'T to 6.00 AM The Home of F1

Cricket



LIVE!

Champions Trophy

Sky Sports Main Event & Sky Sports Cricket, play starts 9am

Black Caps skipper Mitchell Santner leads New Zealand out against Pakistan.

Football



LIVE!

Champions League

TNT Sports, k-o 8pm

Can Man City's Erling Haaland help his team past current holders Real Madrid in this knockout play-off second leg?

OnDemand



Rob Peace

Available today

Chiwetel Ejiofor wrote, directed and stars in this fact-based drama. Also on Sky Premiere on Thu, 12pm & 8pm.

PREMIERE

OnDemand



Win or Lose

Available today

Pixar Studios' first original TV series follows the Pickles, a middle-school softball team, in the week before their big game.

NEW

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

101 BBC1	7.00 The One Show	7.30 EastEnders	8.30 Wynne &...	9.00 Amandaland	9.30 Am I Being...	10.00 News; Local News	10.40 UEFA...
102 BBC2	7.00 Celebrity Antiques Road Trip	8.00 Great British Menu	9.00 Murder Case: The Hunt for Mary...	10.00 The Cockfields	10.30 Newsnight		
103 ITV1	6.30 News	7.30 Emmerdale	8.00 Coronation Street	9.00 Grantchester	10.00 News; Local News		
104 CHANNEL 4	7.00 News	8.00 Kirstie and Phil's Love It or List It	9.00 George Clarke's Building Home	10.00 Dubai: Buying the Dream			
105 CHANNEL 5	7.00 GPs: Behind Closed Doors	8.00 Supermarket Own Brands: The Big...	9.00 Surgeons: A Matter of Life or Death	10.00 999: Emergency Call Out			
106 SKY SHOWCASE	7.00 The Simpsons	8.00 Landscape Artist of the Year	9.00 Never Mind the Buzzcocks	10.00 Hacks			

ENTERTAINMENT

115 BBC3	7.00 Top Gear	8.00 Glow Up: Britain's Next Make-Up Star	9.00 Hunting the Catfish Crime Gang	10.00 Disclosure...	10.30 Normal People
116 BBC4	7.00 The Architecture the Railways Built	8.00 Himalaya with Michael Palin	9.00 Secrets of Size: Atoms to Supergalaxies	10.15 Cloud Howe	
118 ITV2	7.00 Deal or No Deal	8.00 Gordon Ramsay's Food Stars USA	9.00 Georgia Harrison: Porn, Power, Profit	10.00 Olivia Attwood: Getting Filthy Rich	
136 MORE4	6.55 Car S.O.S.	7.55 Grand Designs	9.00 Griff's Great Australian Rail Trip	10.00 Car S.O.S.	
135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons	9.00 Celebrity Gogglebox	10.00 Gogglebox
107 SKY WITNESS	7.00 Nothing to Declare	8.00 FBI: Most Wanted	9.00 The Equalizer	10.00 Elsbeth	
108 SKY ATLANTIC	6.50 Billions	7.55 Game of Thrones	9.00 The White Lotus	10.10 Homicide: Life on the Street	
110 U&GOLD	6.40 Dad's Army	8.00 The Good Life	8.40 The Vicar of Dibley	10.00 The Cleaner	10.35 The Good...
111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games	9.00 QI XL	10.00 Have I Got a Bit More News for You	
119 ITV3	6.55 Heartbeat	8.00 Grace		10.00 Endeavour	
120 ITV4	7.00 The Motorbike Show	8.00 Film: Diamonds Are Forever			10.25 Wrestling: AEW...
112 COMEDY CENTRAL	7.00 Friends		9.00 Kevin Bridges Live in Glasgow	10.00 Comedy Central Live	
139 SKY SCI-FI	7.00 Warehouse 13	8.00 Stargate SG-1	9.00 Grimm	10.00 The Walking Dead	
113 SKY MAX	7.00 Stargate SG-1	8.00 Freddie Fries Again	9.00 Never Mind the Buzzcocks	10.00 Hacks	
109 U&ALIBI	7.00 The Mentalist	8.00 White Collar	9.00 Death in Paradise	10.00 Father Brown	
130 SKY ARTS	7.00 The Alfred Hitchcock Hour	8.00 Landscape Artist of the Year	9.00 Artist of the Year: Masterclass	10.00 Bill Bailey's Master Crafters: The Next...	
132 U&W	7.00 MasterChef USA	8.00 Pete Wicks: For Dogs' Sake	9.00 Hungry for It	10.20 At Home with...	

DOCUMENTARY

125 DISCOVERY	7.00 Salvage Hunters	8.00 Kindig Customs	9.00 Gold Divers	10.00 America's Backyard Gold
162 ANIMAL PLANET	7.00 Life at Vet University	8.00 Shark Vortex	9.00 Tiger Shark Beach	10.00 Alaskan Bush People
129 NAT GEO	7.00 Air Crash Investigation	8.00 Car S.O.S.		
123 SKY HISTORY	7.00 Forged in Fire	8.00 History's Greatest Aircraft	9.00 The Curse of Oak Island	10.00 Tales from Oak Island
155 U&YESTERDAY	7.00 How Britain Worked	8.00 Great Coastal Railway Journeys	9.00 Great Canal Journeys	10.00 Bangers & Cash
121 SKY DOCS	7.00 Janet Jackson	8.00 Film: Touching the Void		10.00 Film: The Alpinist

FILMS - Sky Cinema

301 PREMIERE	6.15 The Garfield Movie	8.00 Furiosa: A Mad Max Saga	10.35 The Line
302 AWARDS SEASON	5.50 Transformers: Rise of the Beasts	8.00 The Hobbit: The Battle of the Five Armies	10.30 Back to the...
303 HITS	5.45 Jack Reacher	8.00 Baby Driver	10.00 The Exorcist: Believer
304 GREATS	5.55 Back to the Future Part III	8.00 Superman III	10.10 Star Trek III - The Search for...
305 ANIMATION	5.35 Sing	7.25 The Prince of Egypt	9.10 Mavka: The Forest Song
306 HARRY POTTER	6.20 Harry Potter and the Chamber of Secrets	9.05 Harry Potter and the Prisoner of Azkaban	
307 ACTION	6.00 Madame Web	8.00 Terminator Salvation	10.00 Gran Turismo
308 COMEDY	6.00 Scott Pilgrim vs. the World	8.00 Game Night	9.45 Coup!
309 THRILLER	6.00 Hanna	8.00 Nightcrawler	10.05 Sin City
310 DRAMA	6.10 Bob Marley: One Love	8.00 Lady Bird	9.45 The Boy in the Striped Pyjamas
311 SCI-FI	6.10 The Purge: Anarchy	8.00 The Woman in Black	9.45 The Adjustment Bureau
313 FILM4	6.10 Independence Day	9.00 The Father	

SPORT

401 MAIN EVENT	5.30 Tennis - Live	7.30 EFL Trophy Football - Live: Coverage of a semi-final	10.30 Tennis - Live
402 PREMIER LEAGUE	7.00 PL Stories	7.30 PL 100 Club	8.00 Gary Neville's Soccerbox
403 FOOTBALL	6.45 WSL	7.30 EFL Trophy Football - Live: Coverage of a semi-final	9.00 PL Stories
404 CRICKET	7.00 ICC Champions Trophy Cricket	8.00 WPL	9.30 PL 100
410 TNT SPORTS 1	7.00 UEFA Champions League - Live: Real Madrid v Manchester City (Kick-off 8.00)	9.00 ICC Champions Trophy Cricket	10.00 PL Icons
411 TNT SPORTS 2	6.30 Fight Night	7.45 UEFA Champions League - Live: PSV Eindhoven v Juventus (Kick-off 8.00)	10.30 EFL Highlights
			10.00 WPL
			10.30 UEFA Highlights
			10.00 ABB FIA Formula E World...

BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM Breakfast (S)
9.30 Morning Live **New edition** (S)
10.45 Critical Incident (S)(R)
11.15 Homes Under the Hammer (S)(R)
12.15 PM Bargain Hunt (S)(R)(AD)
1.00 BBC News (S)
1.35 Local News (S)
1.45 BBC News (S)
2.00 The Big Idea Works **New edition**
Instant relief for a painful foot. (S)
2.30 Rick Stein's Food Stories (S)(R)
3.00 Escape to the Country (S)(R)
3.45 Antiques Road Trip
New edition From Oxfordshire. (S)
4.30 The Repair Shop on the Road
New edition A wooden ship. (S)
5.15 Pointless **New edition** Quiz. (S)
6.00 BBC News (S)
6.30 Local News (S)
6.55 Party Political Broadcast
By the Liberal Democrats. (S)



9.00 Amandaland

- 7.00** The One Show
Lauren Laverne and Clara Amfo present the usual mix of topical stories and celebrity chat. (S)
7.30 EastEnders
A tragic disaster engulfs Albert Square, leaving lives in peril. Linda is on a mission to help a friend in need, while Denise faces a huge decision. (S)(AD)
8.30 Wynne & Joanna: All at Sea
New edition 4/6. Wynne Evans and Joanna Page travel from Carmarthenshire Bay to Tenby in Pembrokeshire. (S)
■ Entire series on BBC iPlayer
9.00 Amandaland
New episode 3/6. Amanda gets a new job. (S1) (S)(AD)
■ Entire series on BBC iPlayer
9.30 Am I Being Unreasonable?
New episode 3/6. Nic and Dan try couples therapy. (S2) (S)(AD)
■ Entire series on BBC iPlayer

- 10.00** BBC News (S)
10.30 Local News (S)
10.40 Match of the Day: Champions League
Gabby Logan presents action from the play-off round second-leg matches, including Real Madrid v Manchester City at the Bernabeu and PSV Eindhoven v Juventus at Philips Stadion, as the line-up for the last 16 was confirmed. (S)
12.00 M'T Who Do You Think You Are?
EastEnders star June Brown delves into her family history, exploring one ancestor's role in the shadowy underworld of 19th-century bare-knuckle boxing. (S)(R)(AD)
1.00 AM Weather for the Week Ahead
Seven-day forecast. (S)
1.05 to **6.00** AM BBC News (S)

BBC2

- 102** **102** **2** **102** **102**
- 6.30** AM Antiques Road Trip (S)(R)
7.15 The Repair Shop on the Road (R)
8.00 Sign Zone: Celebrity Antiques Road Trip
With Duncan James and Antony Costa. (S)(R)
9.00 BBC News (S)
1.00 PM Impossible Quiz show. (S)(R)
1.45 Bridge of Lies Game show. (S)(R)
2.30 The Tournament Quiz show. (S)(R)
3.15 Dynasties (S)(R)(AD)
4.15 Secret Britain From Kent. (S)(R)
5.15 Flog It! Paul Martin presents from Capethorne Hall, Cheshire. (S)(R)
6.00 Richard Osman's House of Games **New edition** With Chris Bissón, Danielle Harold, Katharine Merry and Robert Webb. (S)
6.30 Robson Green's Weekend Escapes
New edition 8/15. Joe McEldeery joins Robson on a trip into the wilds of Northumberland. (S)(AD)



7.00 Celebrity Antiques Road Trip

- 7.00** Celebrity Antiques Road Trip
New edition Actors Michael Brandon and Glynis Barber join experts Roo Irvine and Izzie Balmer in their yellow Ford Thunderbird, antique hunting from Kendal to Keswick. (S)
8.00 Great British Menu
New edition Chefs from the north-east of England and Yorkshire compete over mains and desserts, which celebrate great Britons of the past. (S)
■ Continues tomorrow
9.00 Murder Case: The Hunt for Mary McLaughlin's Killer
New edition Detectives reinvestigate the 1984 murder of Mary McLaughlin. A new suspect comes to the fore, but it raises more questions than answers. (S)(AD)

- 10.00** The Cockfields
Saturday: 4/6. Esther spends the day with Sue, fielding questions about the wedding. (S2) (S)(R)(AD)
10.30 Newsnight (S)
11.00 Weather (S)
11.05 Unspun World with John Simpson
The week's major global news stories. (S)
11.35 Gaza: How to Survive a Warzone
The experiences of four young people trying to survive the Israel-Hamas war. (S)(R)(AD)
12.35 AM Sign Zone: Great British Menu
Chefs from Scotland cook canapes, starters and fish dishes. (S)(R)
1.35 Sign Zone: Death in Paradise (R)
2.35 to **6.30** AM Previews (S)

ITV1

- 103** **103** **803** **103** **3** **103** **103** **103**
- 6.00** AM Good Morning Britain (S)
9.00 Lorraine (S)
10.00 This Morning (S)
12.30 PM Loose Women (S)
1.30 ITV News (S)
1.55 Local News (S)
2.00 Dickinson's Real Deal
New edition David Dickinson and the team head to the RAF Museum in north London. (S)(AD)
3.00 Tenable
Warwick Davis hosts as five family members answer questions about top 10 lists. (S)(R)
4.00 Tipping Point
Game show hosted by Ben Shephard. (S)(R)
5.00 The Chase **New edition** Quiz show hosted by Bradley Walsh. (S)
6.00 Local News (S)
6.25 Party Political Broadcast
By the Liberal Democrats. (S)
6.30 ITV News (S)



9.00 Grantchester

- 7.30** Emmerdale
There is chaos at the hospital as numerous villagers are admitted, times are harrowing for some, while Noah's situation is worrying. (S)(AD)
8.00 Coronation Street
Ryan overhears Bobby arranging to pick up some cash, Lisa is questioned about Rob, Todd persuades Billy to go to a singles event, and Abi bumps into a familiar face at therapy. (S)(AD)
9.00 Grantchester
New episode 7/8. Alphy is stunned to discover that a young woman he knows has gone missing, and soon after, an aspiring student journalist is found dead. (S9) (S)(AD)
■ Entire series on ITVX

- 10.00** ITV News (S)
10.30 Local News (S)
10.45 Who Wants to Be a Millionaire? Celebrity Special
Jeremy Clarkson hosts a celebrity version of the big-prize quiz as Steph McGovern and Dion Dublin answer questions to win cash for their chosen charities. (S)(R)
11.40 Made in Britain
Behind the scenes at British brands, including Dr Martens footwear and Wagon Wheels biscuits. (S)(R)(AD)
12.05 AM Teleshopping
3.00 Ainsley's National Trust Cook Off
3/10. With Briony May Williams and Gaz Oakley. (S)(SL)(R)(AD)
3.50 Unwind with ITV (S)
5.05 to **6.00** AM Wheel of Fortune (R)

+1 hour 203 303 35 112

CHANNEL 4

- 104** **104** **108** **804** **108** **4** **104** **104** **106**
- 6.25** AM Cheers (S1&2) (S)(R)
7.45 Everybody Loves Raymond (S)(R)
9.10 Frasier 17-20/24. (S7) (S)(R)(AD)
11.10 Ramsay's Kitchen Nightmares USA
From California. (S)(R)
12.05 PM News (S)
12.10 Sun, Sea and Selling Houses (R)
2.10 Countdown **New edition** (S)
3.00 A Place in the Sun (S)(R)
4.00 A New Life in the Sun **New edition**
Renovations reach a milestone at Tom and Terry's Spanish B&B. (S)
5.00 Four in a Bed **New edition**
The third visit of the week is to Cairngorms Glamping. (S)
5.30 Come Dine with Me **New edition**
Medical trainer Jen hosts a pink-themed party on night three. (S)
6.00 A Place in the Sun **New edition**
A couple search for a holiday home in Benalmádena, Spain. (S)



8.00 Kirstie & Phil's Love It or List It

- 7.00** News (S)
8.00 Kirstie and Phil's Love It or List It
New edition Kirstie Allsopp and Phil Spencer head to Stevenage where Steven and Adeola seek an intervention to resolve their debate on whether to renovate or sell up. (S)(AD)
9.00 George Clarke's Building Home
New edition 3/4. George meets Kazal and Eleena, who are taking on the challenge of restoring and extending a run-down house in a street near their home in Solihull. (S)(AD)

- 10.00** Dubai: Buying the Dream
New edition 5/6. New sales recruits Michael and Nia have a fight on to get to the top of the board and young broker Michael is struggling to make sales. Meanwhile, Nia is feeling homesick. (S)(AD)
11.05 Dubai: Buying the Dream
Series finale 6/6. The agents race to get sales over the line in time to win Broker of the Year. (S)(AD)
12.05 AM Gogglebox (S)(SL)(R)(AD)
1.00 FILM The Secret of Marrowbone
Horror starring George MacKay. (S)(SL) (2017, 15, 105min) ★★★
2.45 While We Watched (S)(R)
4.20 Jamie's One-Pan Wonders (S)(R)
4.30 Frasier 22-24/24. (S3) (S)(R)(AD)
5.45 to **6.25** AM Countdown (S)(R)

+1 hour 204/208 304 15 121

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
9.15 Jeremy Vine (S)
11.30 Storm Huntley (S)
12.45 PM GPs: Behind Closed Doors
 A patient struggling with neck pain visits the surgery. (S)(R)
1.40 News (S)
1.45 Home and Away (S)(R)(AD)
2.15 FILM The Girl Before Thriller starring Maeve Quinlan. (S) (2022, 12, 105min) ★★
4.00 Bargain-Loving Brits in the Sun A look at Val Daly's weight loss, and the work of charity Age Care. (S)(R)(AD)
5.00 News (S)
6.00 Our Great Yorkshire Life Emmerdale's Dean Andrews and Liam Fox investigate the city of York's Roman past. (S)(R)
6.55 News (S)



9.00 Surgeons: A Matter of Life...

- 7.00 GPs: Behind Closed Doors**
 Ayesha needs treatment for a rash, Ryan has a lump in his throat, while Benjamin talks to Dr Chris Harris about his depression. (S)(R)
7.55 News (S)

- 8.00 Supermarket Own Brands: The Big Taste Test**
New edition A look at how supermarkets are attempting to produce cakes and bakes that can compete with the big brands, such as Mr Kipling and Krispy Kreme. (S)
9.00 Surgeons: A Matter of Life or Death
New edition At the University Hospitals Birmingham, cardiac surgeon Aaron Ranasinghe receives news of a potential donor heart for mother-of-three Katie. (S)
10.00 999: Emergency Call Out
 Emergency service workers help a woman who has been flung from a horse, attend the scenes of two separate road collisions and assess a man left unconscious from alcohol consumption. (S)(R)
11.05 FILM Bridget Jones's Diary
 Romantic comedy starring Renée Zellweger and Colin Firth. (S) (2001, 15, 115min) ★★★★★
1.00 AM PlayOJO Live Casino Show
3.00 Tony Robinson's History of Britain Edwardians. (S)(R)
3.50 Million Pound Motorhomes (R)
4.40 House Busters (S)(SL)(R)
5.10 Wildlife SOS (S)(SL)(R)
5.35 to 5.40 AM
 Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM Sky News Breakfast**
8.00 Border Patrol (S)(R)
9.00 Stargate SG-1 (S2) (S)(R)
11.00 Wildlife ER (S)(R)
12.00 NOON The Flash (S7) (S)(R)
1.00 PM S.W.A.T. (S7) (S)(R)(AD)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 Magnum P.I. (S5) (S)(R)(AD)
5.00 The Simpsons When Nelson Met Lisa: An episode set in the future in which Lisa and Nelson are an unlikely couple. (S)(R)
5.30 Lisa the Boy Scout: Lisa joins the Boy Explorers when it is opened up to girls. (S)(R)
6.00 The Office (US) 5/24. Erin struggles to pull off the ultimate Halloween party. (S)(R)
6.30 6/24. Robert California challenges Dwight to improve productivity. (S8) (S)(R)



8.00 Landscape Artist of the Year

- 7.00 The Simpsons**
Game Done Changed: Bart discovers a profitable glitch in an online game. (S)(R)
7.30 My Life As a Vlog: The story of the rise and fall of the Simpsons family vlog is revealed. (S)(R)

- 8.00 Landscape Artist of the Year**
New edition Stephen Mangan hosts the fifth heat at Llanberis Slate Quarry, featuring judges Tai Shan Schierenberg, Kathleen Soriano and Kate Bryan. (S)
9.00 Never Mind the Buzzcocks
 A 1990s special of the music quiz, with guests Alex James, Julian Clary and Sister Bliss joining host Greg Davies, regulars Noel Fielding and Jamali Maddix and stand-in captain Mel B. (S)(R)(AD)
10.00 Hacks
A Gig's a Gig: 3/10. While archiving material from Deborah's entire career, Ava gains an invaluable insight into her past. (S)(R)(AD)
10.40 D'Jewelry: 4/10. Ava comes to better understand Deborah and DJ's complex mother-daughter relationship. (S1) (S)(R)(AD)
11.20 Karl Pilkington: The Moaning of Life Karl finds out what he will be like as an old man. (S)(R)
12.20 AM The Force: Manchester (R)
1.15 Brit Cops: Law & Disorder (R)
2.10 Road Wars (S)(R)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 Magnum P.I. (S5) (S)(R)(AD)
5.00 to 6.00 AM Motorway Patrol

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND

Sky 964, Virgin 862, Freesat 964
2.30pm Politics Scotland (S) 3.15-3.45 Rick Stein's Food Stories (S)(R)(AD)
12.00m't Debate Night (S) (R) 1.00am Scotcast (S)(R)
1.30 Who Do You Think You Are? (S)(R)(AD) 2.30 Weather for the Week Ahead (S) 2.35-6.00am BBC News (S)

N. IRELAND

Sky 966, Virgin 863, Freesat 966
10.40pm Nolan Live **New edition (S)** 11.40pm-1.00am Match of the Day: Champions League (S)
1.00am Match of the Day: Champions League (S)

WALES

Sky 965, Virgin 864, Freesat 965
10.40pm Scrum V Top 5s **New edition (S)** 11.10 Match of the Day: Champions League (S) 12.30am Who Do You Think You Are? (S)(R) (AD) 1.30-6.00am BBC News (S)

BBC2

N. IRELAND

Sky 969, Freesat 969
11.05pm QI Series finale (S) 11.35 Unspun World with John Simpson **New edition (S)** 12.05-12.35am BBC News (S)

WALES

Sky 968, Freesat 968
 No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw 11.00 Dysgu Gyda Cyw 12.05pm Sain Ffagan (AD) 12.30 Heno 1.00 Codi Hwyl America 1.30 Cegin Bryn: Yn Ffrainc 2.00 Newyddion a'r Tywydd 2.05 Prynhawn Da 3.00 Newyddion a'r Tywydd 3.05 Am Drol! 4.00 Awr Fawr 5.00 Stwnsh 6.00 Sain Ffagan 6.30 Rownd a Rownd (AD) 6.57 Newyddion 7.00 Heno **New edition 7.30** Newyddion a'r Tywydd 8.00 Pobol y Cwm **New episode (AD)** 8.25 Cartrefi Cymru **New edition 8.55** Newyddion a'r Tywydd 9.00 Troseddau Cymru Gyda Sian Lloyd **New edition (AD)** 10.00 Gwesty Aduniad 11.00-11.35pm Welsh Whisperer - Ni'n Teithio Nawr! (AD)

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM Top Gear** Actor Michael Sheen is the Star in a Reasonably Priced Car.
7.55 The Catch Up
8.00 Glow Up: Britain's Next Make-Up Star 6/8. The MUAs work on drag artists in MAC's Viva Glam campaign.
9.00 Hunting the Catfish Crime Gang The story of an entrepreneur whose identity was stolen and used for criminal activities.
10.00 Disclosure: Matched with a Predator The crimes of prolific romance fraudster Christopher Harkins.
10.30 Normal People 3/12. Connell becomes anxious when his friends start to tease him about Marianne. 11.05 4/12. Connell arrives at Trinity College, Dublin, but he feels out of place. (S1)
11.35 Starstruck 1-3/6. (S1)
12.45 AM Top Gear As 7.00pm.
1.45 Zen Motoring
2.00 Disclosure: Matched with a Predator As 10.00pm.
2.30 Normal People (S1)
3.05 to 3.50 AM Boarders

MORE4

136/137 831 147 18 124

- 8.55 AM Kirstie's Handmade Treasures** Candy canes.
9.15 A Place in the Sun
10.05 A New Life in the Sun
11.05 Find It, Fix It, Flog It
1.05 PM Car S.O.S
2.05 Four in a Bed
4.50 Chateau DIY Becky and Mark rush to get everything ready for an open day.
5.50 Car S.O.S Fuzz Townshend and Tim Shaw rescue a rare Talbot Sunbeam Lotus.
6.55 Restoring a tired 1991 VW T4 Campervan.
7.55 Grand Designs Kevin McCloud follows a couple knocking down an old Thames boathouse and building a cutting-edge home in its place - in the middle of a community dominated by traditional houses.
9.00 Griff's Great Australian Rail Trip **New edition** 2/6. Griff Rhys Jones rides the Indian Pacific on a 3,000km stretch across the Nullarbor Plain, to Adelaide, Broken Hill, the Blue Mountains, and ending in Sydney.
10.00 Car S.O.S Fuzz Townshend and Tim Shaw head to Norfolk to secretly restore a 1962 TVR Grantura that has been off the road for nearly 50 years.
11.05 24 Hours in A&E
1.15 AM Emergency Helicopter Medics
3.25 to 3.50 AM
 Food Unwrapped

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM The Architecture the Railways Built** Tim Dunn takes a look at the architecture of the Stockton and Darlington railway.
7.45 The Flying Gardener Chris Beardshaw visits Devon to help build a spring woodland garden.
8.00 Himalaya with Michael Palin 4/6. The intrepid traveller reaches Tibet.
9.00 Secrets of Size: Atoms to Supergalaxies Jim Al-Khalili explores the largest known cosmic structures.
10.00 NEW Vivien Heilbron Remembers... Cloud Howe The actor looks back at the 1982 drama series.
10.15 Cloud Howe 1/4. Bill Craig's dramatisation of Lewis Grassic Gibbon's classic novel, starring Vivien Heilbron.
11.10 2/4. Political unrest grows as Chris dreams of having another child. (S1)
12.10 AM Cloud Howe 3&4/4. (S1)
2.05 The Flying Gardener
2.20 to 3.20 AM Himalaya with Michael Palin

E4

135/136 830 106 13 122

- 6.00 AM Hollyoaks**
6.55 Rude(ish) Tube Shorts
7.00 Ramsay's Kitchen Nightmares USA
8.00 Brooklyn Nine-Nine
9.00 Young Sheldon
10.00 The Big Bang Theory
11.00 Modern Family
12.30 PM The Big Bang Theory
2.00 Young Sheldon
3.00 Modern Family
4.00 The Simpsons
5.00 The Big Bang Theory
6.30 The Simpsons
7.00 Hollyoaks With a secret threatening to expose Vicky, she turns to Grace for advice.
7.30 Modern Family 6/24. The first day of school arrives and Phil misreads how Claire is coping. (S1)
8.00 The Simpsons Bart v Lisa v the Third Grade: Lisa is moved up a grade at school.
8.30 Large Marge: Marge gets breast implants.
9.00 Celebrity Gogglebox
 Famous faces appraise The Baby and One Question.
10.00 Gogglebox Opinions on The Haunting of Bly Manor and Britain's Got Talent.
11.05 First Dates
12.10 AM Naked Attraction
1.15 Celebrity Gogglebox
2.15 Gogglebox
3.15 Teen First Dates
4.10 Abbott Elementary
4.35 Brooklyn Nine-Nine
5.30 to 6.00 AM The Goldbergs

+1 hour 235/236 306 30 123

7 PM

8 PM

9 PM

10 PM

Sky Witness

107 807 110 341 356

- 6.00 AM Stop, Search, Seize
- 7.00 Motorway Patrol
- 8.00 Border Patrol
- 9.00 Send in the Dogs
- 10.00 Border Security: Canada's Front Line Documentary.
- 10.30 Border Security: America's Front Line Documentary.
- 11.00 The Good Doctor 10/18. (S1)
- 12.00 NOON FBI 12/13. (S6)
- 1.00 PM FBI: International. (S3)
- 2.00 FBI: Most Wanted 12/13. An informant is found dead. (S5)
- 3.00 Stop, Search, Seize
- 4.00 Nothing to Declare



9.00 The Equalizer

Sky Atlantic

108/109 808 342 357

- 6.00 AM Richard E Grant's Hotel Secrets Double bill.
- 8.05 True Blood 10&11/12. (S1)
- 10.15 Billions 5&6/12. (S6)
- 12.25 PM Game of Thrones (S4)
- 1.30 Big Love 3&4/10. (S3)
- 3.35 True Blood 10/12. Sam shares his secret with Sookie.
- 4.40 11/12. Bill completes Jessica's transformation. (S1)
- 5.45 Billions 5/12. Taylor makes a huge bet on a risky play.
- 6.50 6/12. Chuck searches for a way to undermine Prince's generosity. (S6)



5.45 Billions

Sky Max

113/114 813 111 346 351

- 6.00 AM S.W.A.T. (S6&7)
- 8.00 The Flash 10/18. (S7)
- 9.00 Stargate SG-1 3&4/22. (S2)
- 11.00 Supergirl 1/20. (S1)
- 12.00 NOON The Flash 11/18. (S7)
- 1.00 PM S.W.A.T. 2&3/13. (S7)
- 3.00 NCIS: Los Angeles 6/22. (S13)
- 4.00 Magnum P.I. 4/20. (S5)
- 5.00 Manifest 13/13. (S3)
- 6.00 Stargate SG-1 3/22. Having helped a murderer, Jack and the team are banished to a penal world, where an unusual ruler holds the key to their return home. (S2)



5.00 Manifest

ITV2

118 816 115 6 113

- 6.00 AM CITV
- 9.00 World's Funniest Videos
- 10.00 Secret Crush Double bill.
- 12.00 NOON Dinner Date
- 1.00 PM Deal or No Deal
- 2.00 Supermarket Sweep
- 3.00 Charmed 18/22. Pandora's Box falls into the hands of a shapeshifting demon. (S7)
- 4.00 Gilmore Girls 17/22. Rory and Paris visit Florida. (S4)
- 5.00 Dinner Date
- 6.00 Celebrity Catchphrase With guests Sair Khan, Jordan North and Lisa Snowdon.



10.00 Getting Filthy Rich

ITV3

119 117 10 115

- 6.00 AM Classic Emmerdale
- 7.00 Classic Coronation Street
- 8.10 Inspector Morse
- 10.35 The Royal
- 11.40 Heartbeat Double bill.
- 1.40 PM Classic Emmerdale
- 2.40 Classic Coronation Street
- 3.40 Inspector Morse Second Time Around: A former police commissioner is murdered.
- 5.55 Heartbeat No Man's Land: Les Parnaby loses patience with rambles on his land – and it's not long before the situation spirals into violence.



8.00 Grace

7.00 Nothing to Declare Officers hunt for two Chinese passengers.
7.30 Heroin is found in some motorbike parts.

8.00 FBI: Most Wanted Hairtrigger: 3/14. The team race against the clock to track down a young anti-government terrorist. (S1)

9.00 The Equalizer New episode Haunted Heights: A woman is found dead in an apparently haunted building. (S5)

10.00 Elsbeth Something Blue: 7/10. Elsbeth suspects foul play after a country club wedding ends in the death of the groom. (S1)

11.00 The Rookie 10/14. (S3)
12.00 MT Law & Order: Organized Crime 7/22. (S2)
1.00 AM FBI: Most Wanted (S1)
2.00 The Good Doctor 12/18. (S1)
3.00 The Rookie: Feds 10/22. (S1)
4.00 Highway Patrol
5.00 to 6.00 AM Road Wars

+1 hour 207 310

7.55 Game of Thrones Breaker of Chains: 3/10. Dontos spirits Sansa out of King's Landing, while Jon proposes a bold plan after the wildlings send a chilling message. (S4)

9.00 The White Lotus 1/8. Comedy drama starring Walton Goggins and Aimee Lou Wood. New luxuries await in Thailand. (S3)

10.10 Homicide: Life on the Street A Shot in the Dark: 4/9. Bolander and Munch look into the murder of a man linked to a cartel. (S1)

11.10 Succession 3/10. Connor's announcement annoys Logan.
12.25 AM 4/10. Kendall and Logan arrange a secret meeting with Rhea Jarrell. (S2)
1.40 Band of Brothers 4/10. (S1)
2.55 Game of Thrones As 7.55pm.
4.00 to 6.00 AM Fish Town

+1 hour 208/209

7.00 Stargate SG-1 Gamekeeper: 4/22. The team are pulled into a virtual reality loop. (S2)

8.00 Freddie Fries Again 5/6. Andrew Flintoff and Rob Penn head to south Wales, where they join in with a choir in Blaengarw.

9.00 Never Mind the Buzzcocks A 90s special, with Alex James, Julian Clary, Sister Bliss and stand-in captain Mel B.

10.00 Hacks 3/10. Ava gains invaluable insight into Deborah's past.
10.40 4/10. Ava accompanies DJ to a jewellery expo. (S1)

11.20 Strike Back: Vengeance (S3)
12.20 AM The Force: Manchester
1.20 Road Wars Vehicle crime.
2.00 A League of Their Own New edition With Sean Dyche.
3.00 NCIS: Los Angeles 6/22. (S13)
4.00 Magnum P.I. 4/20. (S5)
5.00 to 6.00 AM Highway Patrol

7.00 Deal or No Deal Stephen Mulhern hosts as Gemma takes on the Banker for the chance to win a life-changing prize.

8.00 Gordon Ramsay's Food Stars USA 8/10. The contestants take on a live TV challenge where they sell kitchen products.

9.00 Georgia Harrison: Porn, Power, Profit New edition Georgia explores the new reality of deepfake porn and nudy apps.

10.00 Olivia Attwood: Getting Filthy Rich Olivia meets people that have monetised their XL body types in the sex industry.

11.00 Family Guy 7/30. Brian appears on a TV dating show.
11.30 1/30. Peter and Lois go on a second honeymoon. (S4)
12.05 AM American Dad! (S1)
1.05 Bob's Burgers 2&3/22. (S11)
2.05 The Emily Attack Show
2.45 to 3.00 AM Unwind with ITV

+1 hour 218 315 29 114

6.55 Heartbeat Dirty Len: The force leap into action when a labourer dies of poisoning, believing a killer is on the loose.

8.00 Grace Dead Man's Grip: The detective and his team are called to the scene of a fatal crash, but a discovery suggests there could be far more to this particular accident than meets the eye.

10.00 Endeavour Game: 1/4. The detective investigates the death of a scientist from a team working on an early computer. (S4)

12.00 MT Trial & Retribution 2/2. In a grim turn of events, the tooth of the abducted woman is found in the debris from a wood chipper, while Walker's ex-wife's boyfriend turns psychotic. (S6)
2.05 to 2.30 AM Unwind with ITV

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- 12.00 NOON This Is BBC Scotland
- 7.00 PM Reporting Scotland
- 7.30 Designing the Hebrides Designing a rustic gin-tasting bar.
- 8.00 Paramedics on Scene A Glasgow ambulance crew attend a stabbing.
- 9.00 Debate Night New edition Topical debate on the big issues.
- 10.00 River City New episode Chloe abruptly puts an end to her casual arrangement with Conor.
- 10.30 The Agency: Unfiltered New edition 2/6. Amy and Kirsten overhear Livi say she doesn't want to be an influencer.
- 11.00 Scotcast New edition Discussion on Scotland's biggest news stories.
- 11.30 PM to 12.00 M'T The Disasters That Shocked Scotland The 1988 Piper Alpha disaster and the 2004 Stockline explosion.

Sky Comedy

114/115 814 112 347 352

- 8.00 AM Bored to Death
- 9.15 The Conners (S4)
- 10.15 Hung 1&2/10. (S2)
- 11.35 High Maintenance (S4)
- 1.05 PM Curb Your Enthusiasm 1/10. (S1)
- 1.45 Hung 1&2/10. (S2)
- 3.05 High Maintenance (S4)
- 4.30 Bored to Death (S1)
- 5.50 The Office (US) (S8)
- 6.50 The Conners (S4)
- 7.50 Mr Mayor 10/10. (S2)
- 8.20 Curb Your Enthusiasm 1/10. A bunch-up in Larry's trousers leads to a misunderstanding between him and Nancy at the cinema. (S1)
- 9.00 SNL50: Beyond Saturday Night Double bill looking behind-the-scenes of the comedy sketch show.
- 11.25 Kevin Hart: Reality Check Stand-up comedy.
- 12.35 AM Entourage (S6)
- 1.45 High Maintenance (S4)
- 3.45 to 5.00 AM Flatbush Misdemeanors

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM Cirque du Soleil
- 8.05 Watercolour Challenge
- 9.05 Tales of the Unexpected
- 10.00 Hitchcock Presents
- 11.00 Discovering
- 12.00 NOON Portrait Artist... 1.00 PM Tales of the... 2.00 Laurie Lee: The Lost Interview
- 3.00 Discovering
- 4.00 From the Vaults
- 5.00 Portrait Artist 2020
- 6.00 Tales of the Unexpected
- 7.00 Alfred Hitchcock Hour
- 8.00 Landscape Artist of the Year New edition
- 9.00 Artist of the Year: Masterclass Double bill.
- 10.00 Bill Bailey's Master Crafters
- 11.00 Michael Caine: The Becoming of a Hollywood Star
- 12.15 AM The Ghost of Richard Harris
- 2.25 David Baddiel: The Not the Trilogy – Trolls: Not the Dolls
- 3.40 Life & Rhymes
- 5.10 to 6.00 AM Auction

Sky Mix

151 135 11 141

- 7.00 AM Nothing to Declare
- 9.00 Bondi Rescue
- 10.00 The Force: Manchester
- 11.00 Highway Patrol
- 12.00 NOON Motorway Patrol
- 1.00 PM Border Patrol
- 2.00 Monkey Life
- 3.00 Nothing to Declare
- 4.00 Star Trek: The Next Generation 7/26. (S7)
- 5.00 Stargate SG-1 (S1)
- 6.00 Stargate Atlantis (S1)
- 7.00 Star Trek: Voyager (S4)
- 8.00 Landscape Artist of the Year New edition The fifth heat is staged at Llanberis Slate Quarry.
- 9.00 The Rookie (S2)
- 11.00 Britain's Most Evil Killers Double-murderer Stephen Farrow.
- 12.00 MT Snapped
- 1.00 AM Nothing to Declare
- 2.00 Brit Cops: Law & Disorder Documentary.
- 3.00 Highway Patrol
- 4.00 Border Patrol
- 5.00 to 6.00 AM Highway Cops

ITV Be

131/132 119 28 119

- 7.30 AM Unwind
- 7.40 Backyard Builds New edition DIY series.
- 8.10 Olivia Meets Her Match
- 9.10 Jimmy's Taste of Florida
- 10.10 Making It Home
- 11.10 The Real Housewives of Beverly Hills
- 12.05 PM Olivia Meets Her... 1.05 The Only Way Is Essex
- 2.05 Dinner Date
- 3.10 Scott's Vacation House Rules New edition
- 4.05 The Real Housewives of Beverly Hills
- 5.00 The Real Housewives of Atlanta Reality series.
- 6.00 Making It Home
- 7.00 Jimmy's Taste of Florida
- 8.00 Dinner Date
- 9.00 The Real Housewives Ultimate Girls' Trip
- 10.05 Botched by Nature
- 11.05 Botched Medical series.
- 12.00 MT The Only Way Is Essex Reality series.
- 1.00 to 1.30 AM Backyard Builds

+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM Diagnosis Murder
- 10.00 Father Dowling Mysteries 7/22. (S3)
- 11.00 Sue Thomas: F.B.Eye
- 12.00 NOON Hart to Hart
- 2.00 PM Father Dowling Mysteries 12/22. (S3)
- 3.00 Diagnosis Murder
- 5.00 Murder, She Wrote
- 7.00 M*A*S*H 16/16. Feature-length finale. (S11)
- 9.10 Randall and Hopkirk (Deceased) Sentimental Journey: 19/26. Jeff encounters a beautiful blonde. (S1)
- 10.10 The Avengers The Hidden Tiger: 8/24. A man-eating tiger is on the loose. (S5)
- 11.10 The Persuaders! (S1)
- 12.10 AM M*A*S*H As 7pm.
- 2.10 Randall and Hopkirk (Deceased) 19/26. (S1)
- 3.00 The Persuaders! (S1)
- 4.00 Highway to Heaven
- 4.50 to 5.00 AM GREAT! Movie News Extra

+1 hour 257

ITV4

120 118 26 117

- 6.00 AM Minder
- 7.05 The Professionals
- 8.10 The Memoirs of Sherlock Holmes Murder mystery.
- 9.20 Magnum, PI
- 10.20 Kojak
- 11.25 BattleBots
- 12.30 PM The Memoirs of Sherlock Holmes Murder mystery.
- 1.35 Magnum, PI
- 2.40 Kojak
- 3.45 Minder
- 4.50 BattleBots **New edition**
- 5.55 Beat the Chasers



8.00 Diamonds Are Forever

- 7.00 **The Motorbike Show** Henry brings his Chopper rebuild to a glorious climax while taking time to ride the latest CCM bike.
- 8.00 **FILM Diamonds Are Forever** James Bond adventure starring Sean Connery. British secret service agent 007 goes on the trail of smuggled diamonds and discovers a world-threatening conspiracy. With Jill St John and Charles Gray. (1971, PG, 119min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.25 **Wrestling: AEW Collision** Hard-hitting action from AEW's newest show, featuring Thunder Rosa and Miro.
- 12.20 **AM Dark Side of the Ring** **New edition** How Chris Kanyon kept his sexuality a closely guarded secret for decades.
- 1.15 BattleBots
- 2.10 Auto Mundial
- 2.35 to 3.00 AM Unwind with ITV

+1 hour 220 318 118

4seven

137/138 143 49 127

- 9.00 AM Four in a Bed
- 9.30 Sun, Sea and Selling Houses Double bill.
- 11.30 A Place in the Sun
- 2.30 PM Come Dine with Me
- 5.00 A Place in the Sun
- 6.00 Location, Location, Location From Surrey.
- 7.00 Our Farm Next Door: Amanda, Clive and Kids The first major job is to strip off the valuable old roof stone.
- 8.00 All Aboard! Scotland's Poshest Train 2/4. Alan Cumming goes on a trip aboard the luxurious Royal Scotsman.
- 9.00 Top Guns: Inside the RAF Documentary.
- 10.00 First Dates
- 11.05 Gogglebox
- 12.05 AM Super Surgeons: A Chance at Life
- 1.05 999: On the Front Line
- 2.10 Celebrity Hunted
- 3.10 George Clarke's Building Home
- 4.10 to 4.40 AM Jamie's One-Pan Wonders

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
- 8.00 Teleshopping
- 11.00 Star Trek: The Next Generation 24/26. (S3)
- 12.00 NOON Star Trek: Voyager
- 1.00 PM Star Trek: Deep Space Nine 13/26. (S6)
- 2.00 Warehouse 13 7/13. (S3)
- 3.00 Stargate SG-1 6/20. (S9)
- 4.00 Star Trek: Voyager (S2)
- 5.00 Star Trek: Deep Space Nine
- 6.00 Star Trek: The Next Generation 24/26. A Ferengi kidnaps Troi and her daughter after she rejects him. (S3)



8.00 Stargate SG-1

- 7.00 **Warehouse 13 Past Imperfect** 7/13. Jinks and Claudia are hit by poison darts while out to collect an artefact. (S3)
- 8.00 **Stargate SG-1 Beachhead** 6/20. The team penetrate an Ori force field around a Jaffa planet. (S9)
- 9.00 **Grimm To Protect and Serve Man** 11/22. Hank asks Nick to prove that a man on death row for murder is innocent. (S2)
- 10.00 **The Walking Dead Prey** 14/16. Andrea realises that peace between Woodbury and the prison gang is impossible. (S3)
- 11.00 **FILM The Tomorrow Job** Sci-fi action adventure starring Grant Schumacher. (2023, 15, 105min) ★★
- 1.00 **AM FILM LA Apocalypse** Sci-fi disaster movie starring Gina Holden and Christopher Judge. (2014, 15, 80min) ★
- 3.00 Chucky 4/8. (S1)
- 4.00 to 6.00 AM Most Haunted

+1 hr 241/269 320/362 130

U&Alibi

109/110 809 114 343 358

- 7.10 AM Murdoch Mysteries (S10)
- 9.00 Father Brown
- 10.00 The Doctor Blake Mysteries
- 11.00 Hudson & Rex 2/16. (S4)
- 12.00 NOON The Mentalist (S4)
- 1.00 PM Death in Paradise (S5)
- 2.00 Murdoch Mysteries 10 & 11/18. Double bill. (S10)
- 4.00 The Doctor Blake Mysteries 9/10. A prospector is found dead in a mineshaft. (S1)
- 5.00 Hudson & Rex 2/16. A young pop star is suspected of killing her fiancé. (S4)
- 6.00 Father Brown As 10.00pm.



4.00 The Doctor Blake Mysteries

- 7.00 **The Mentalist Red Rover, Red Rover** 23/24. Serial killer Red John resurfaces to taunt Jane. (S4)
- 8.00 **White Collar Compromising Positions** 7/16. A conman is hired to sabotage Peter's latest case. (S4)
- 9.00 **Death in Paradise The Blood Red Sea** 7/8. A treasure hunter is found dead after making a valuable discovery. (S5)
- 10.00 **Father Brown The Gardeners of Eden** A celebrity florist brings a touch of glamour – and murder – to Kembleford.
- 11.00 The Mentalist As 7.00pm.
- 12.00 MT White Collar As 8.00pm.
- 1.00 **AM CSI: Vegas** 7/10. The team investigate when a fitness guru is found dead in a sauna. (S3)
- 1.55 **So Help Me Todd** 18/21. (S1)
- 2.55 to 4.00 AM Murdoch Mysteries

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.30 AM Highlights
- 9.20 The Green Green Grass
- 10.00 Are You Being Served?
- 10.40 The Vicar of Dibley
- 11.20 Last of the Summer Wine
- 12.40 PM The Green Green Grass
- 1.20 The Good Life
- 2.00 Dad's Army
- 2.40 The Vicar of Dibley
- 3.20 Are You Being Served?
- 4.00 Last of the Summer Wine
- 5.20 The Green Green Grass
- 6.00 Are You Being Served?
- 6.40 Dad's Army



8.40 The Vicar of Dibley

- 7.20 **Dad's Army** Godfrey learns his cottage is set for demolition to make way for a new airstrip.
- 8.00 **The Good Life** Tom and Barbara consider taking a holiday.
- 8.40 **The Vicar of Dibley** Geraldine attempts to raise funds for a new stained glass window.
- 9.20 The local elections are looming and David is confident of victory.
- 10.00 **The Cleaner** Wicky works alongside a conspiracy theorist who is preparing for the end of the world.
- 10.35 **The Good Life** As 8pm.
- 11.15 The Vicar of Dibley
- 12.35 AM The Cleaner As 10.00pm.
- 1.15 **Toast of London** An offer to appear in *Calendar Girls* presents an exciting career opportunity for Steven.
- 1.50 **The Black Adder**
- 2.40 to 4.00 AM The Outlaws

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.10 AM Hairy Bikers Everyday Gourmets Creating gourmet party food on a tight budget.
- 8.00 Cops on the Rock
- 10.00 Robson's Extreme Fishing Challenge Double bill.
- 12.00 NOON American Pickers
- 2.00 PM The Boat That Guy Built
- 3.00 Top Gear Double bill.
- 5.00 **Hairy Bikers' Best of British** The duo celebrate Britain's numerous food festivals.
- 6.00 **Rick Stein's Long Weekends** The chef heads to Palermo on the northern coast of Sicily.



6.00 Rick Stein's Long Weekends

- 7.00 **Would I Lie to You?** With Charles Dance, Stephen Mangan, Isy Suttie and Gok Wan.
- 7.40 **Richard Osman's House of Games** With Yasmine Akram and Cariad Lloyd.
- 8.20 Roger Black, Jo Brand, Sanjeev Kohli and Tiff Stevenson take part.
- 9.00 **QI XL** Josh Widdicombe, Stephen K Amos and Cally Beaton join regular panellist Alan Davies and host Sandi Toksvig.
- 10.00 **Have I Got a Bit More News for You** Kirsty Young hosts the satirical quiz, with Armando Iannucci and Phil Wang.
- 11.00 **Taskmaster** The celebrities face an egg cup challenge.
- 12.00 **M'T Mock the Week** With Tom Allen, Maff Brown, Rhys James, Ria Lina and Ed Byrne.
- 12.40 **AM Would I Lie to You?**
- 2.00 to 4.00 AM Richard Ayoade's Question Team

+1 hour 211/212 327 74

5STAR

128/129 126 32 131

- 8.00 AM 22 Kids & Counting
- 9.00 Bargain-Loving Brits in the Sun Documentary.
- 10.00 Nightmare Tenants, Slum Landlords
- 11.00 Traffic Cops Triple bill.
- 2.00 PM Police Interceptors
- 5.00 Rogue Claimers **New edition**
- 6.00 Home and Away
- 7.00 Casualty 24/7: Every Second Counts
- 8.00 GPs: Behind Closed Doors Medical series.
- 9.00 Shoplifters: Caught Red Handed
- 10.00 Sleeping with My Murderer True-crime.
- 11.00 Skin A&E
- 12.00 MT Accused 8/15. (S1)
- 12.50 AM GPs: Behind Closed Doors Medical series.
- 1.50 Casualty 24/7: Every Second Counts
- 2.40 Police Interceptors
- 3.30 Home and Away
- 3.55 to 4.00 AM Entertainment News

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM Car Pound Cops
- 9.25 Outback Truckers
- 10.25 Traffic Cops
- 11.25 Police Interceptors
- 12.25 PM The Gambler V: Playing for Keeps
- 2.20 **FILM Drums Across the River** Western starring Audie Murphy. (1954, PG, 75min) ★★
- 4.00 Outback Truckers
- 5.00 Traffic Cops
- 6.00 Police Interceptors
- 8.00 Motorway Cops: Catching Britain's Speeders PC Matt Turner stops a vehicle with links to drug dealing in Macclesfield.
- 9.00 Police Interceptors
- 10.00 Police Code Zero: Officer Under Attack
- 11.00 **FILM Rise of the Footsoldier Part 2** Thriller sequel with Ricci Harnett and Luke Mably. (2015, 18, 111 min) ★★
- 1.15 AM Police Interceptors
- 2.15 to 4.00 AM Trucking Hell

+1 hour 232/233 325

U&W

132/133 827 125 25 156

- 6.10 AM Inside the Ambulance
- 7.00 My Dream Home
- 8.00 Tipping Point
- 11.00 DIY SOS: Grenfell
- 12.00 NOON DIY SOS: The Big Build
- 1.00 PM Tipping Point
- 4.00 My Dream Home
- 6.00 DIY SOS: The Big Build
- 7.00 MasterChef USA **New edition** The third generation facing the MasterChef audition gauntlet is Gen Z.
- 8.00 **Pete Wicks: For Dogs' Sake** A puppy needs urgent treatment for a badly broken leg.
- 9.00 Hungry for It
- 10.20 At Home with Katherine Ryan
- 11.20 Emma Willis: Delivering Babies
- 12.20 AM Freddie Flintoff: Living with Bulimia
- 1.35 Wedding Valley
- 2.25 to 3.00 AM Date Night

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.10 AM All Creatures Great and Small
- 8.00 Doctors
- 9.15 Classic Holby City
- 10.35 Classic Casualty
- 11.40 The Bill
- 12.40 PM Classic EastEnders
- 2.00 Eldorado
- 3.20 Bergerac
- 4.20 All Creatures Great and Small
- 5.20 The Upper Hand
- 6.25 As Time Goes By
- 7.00 Last of the Summer Wine Double bill.
- 8.20 **Shakespeare & Hathaway: Private Investigators** 7/9. The duo investigate a death among a team of actors.
- 9.20 8/9. Frank and Lu investigate a case of paranormal activity. (S4)
- 10.20 New Tricks
- 11.40 Bergerac
- 12.40 AM Lovejoy
- 3.00 to 4.00 AM Classic Holby City

+1 hour 243 316 60

Really

142 128 17 145

- 6.00 AM **Fantasy Homes by the Sea** From Morocco.
- 7.00 **Teleshopping**
- 8.00 **Salvage Hunters**
- 11.00 **A Place in the Sun**
- 1.00 PM **Money for Nothing**
- 3.00 **Antiques Road Trip**
- 5.00 **The Yorkshire Auction House** Double bill.
- 7.00 **Antiques Road Trip**
- 9.00 **Body Bizarre**
New edition Including the story of woman who was born with a rare condition that is also referred to as the 'vanishing bone disease'.
- 10.00 **Body Bizarre** Featuring the story of a person who weighs 150kg due to having a syndrome that encourages constant eating.
- 11.00 **Dr Pimple Popper**
- 12.00 **M'T Help! My House Is Haunted** Double bill.
- 2.00 AM **Teleshopping**
- 4.00 to 6.00 AM **Salvage Hunters**

DMAX

159 169 39 147

- 6.00 AM **Alaska: The Last Frontier** Double bill.
- 8.00 **Outback Opal Hunters**
- 9.00 **Deadliest Catch**
- 11.00 **Alaska: Homestead Rescue** Documentary.
- 1.00 PM **Aussie Gold Hunters**
- 3.00 **Yukon Gold** Double bill.
- 5.00 **Alaskan Bush People**
- 7.00 **Deadliest Catch**
- 9.00 **Restoring Galveston**
New editions Ashley and Michael work on a 1920s island craftsman, adding modern flair while working to preserve its antique charm.
- 10.00 **Michael and Ashley** decide to save a fire-damaged house.
- 11.00 **Aussie Gold Hunters** The Crew unearth two monster nuggets.
- 12.00 **M'T Naked and Afraid XL** Documentary.
- 2.00 AM **Teleshopping**
- 5.00 to 6.00 AM **Building Alaska**

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM **Building Alaska**
- 8.00 **A Place in the Sun**
- 10.00 **Escape to the Country**
- 12.00 **NOON My Lottery Dream Home**
- 2.00 PM **A Place in the Sun**
- 3.00 **Escape to the Country**
- 5.00 **A Place in the Sun**
- 8.00 **Escape to the Country** People search for their ideal rural retreats.
- 9.00 **Good Bones: Risky Business** Mina books her first wedding, but the pressure is on.
- 10.00 **Home Town** Ben and Erin transform a couple's choice of property into a dream home.
- 11.00 **Flip or Flop** A damaged home in Cyprus.
- 11.30 **A 1920s house.**
- 12.00 **M'T Good Bones**
- 1.00 AM **Building Alaska**
- 2.00 **Home Town**
- 3.00 to 4.00 AM **My Lottery Dream Home**

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM **The Chase**
- 10.00 **The Crystal Maze**
- 11.00 **Cash in the Attic**
- 12.00 **NOON Tenable**
- 1.00 PM **Family Fortunes**
- 3.00 **Catchphrase** Double bill of the game show.
- 4.00 **Blockbusters** Double bill of the quiz show.
- 5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
- 6.00 **Cash Trapped Quiz** hosted by Bradley Walsh.
- 7.00 **Tenable** Warwick Davis hosts as five friends from Glasgow attempt to answer questions about top 10 lists.
- 8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
- 10.00 **Tenable** As 7.00pm.
- 11.00 **Bullseye** Double bill.
- 12.00 **M'T Weakest Link**
- 1.00 AM **The Crystal Maze**
- 2.00 **The Chase** Double bill.
- 4.00 **Tenable** As 7.00pm.
- 5.00 to 6.00 AM **Bullseye**

Food Network

140/141 190 43 148

- 6.00 AM **French Adventure**
- 7.00 **The Pioneer Woman**
- 9.00 **Be My Guest...**
- 10.00 **Barefoot Contessa**
- 11.00 **Great British Bake Off**
- 1.00 PM **Rick Stein's Food Heroes: Another...**
- 1.30 **Rick Stein's Fruits...**
- 2.00 **French Adventure**
- 3.00 **The Pioneer Woman**
- 5.00 **NEW SERIES** Be My Guest with Ina Garten
- 6.00 **Barefoot Contessa**
- 7.00 **Great British Bake Off**
- 9.00 **Rick Stein's Food Heroes: Another Helping** Double bill.
- 9.30 **Rick Stein's Fruits of the Sea** Fish dishes.
- 10.00 **French Adventure**
- 11.00 **Diners, Drive-Ins and Dives** **New editions**
- 12.00 **M'T Diners, Drive-Ins and Dives** Double bill.
- 1.00 AM **Man v Food**
- 2.00 to 3.00 AM **Guy's Grocery Games**

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM **Extreme Cheapskates**
- 8.00 **Flip or Flop**
- 9.00 **Say Yes to the Dress: Atlanta** Four editions.
- 11.00 **My 600lb Life**
- 12.00 **NOON Dr Pimple Popper** Medical series.
- 1.00 PM **sMothered**
- 2.00 **Return to Amish**
- 3.00 **Outdaughters**
- 5.00 **My 600lb Life**
- 6.00 **Dr Pimple Popper**
- 7.00 **Sister Wives**
- 8.00 **Seeking Sister Wife**
- 9.00 **Love Off the Grid** **New edition**
- 10.00 **Temptation Island**
- 11.00 **Sex Sent Me to the ER**
- 12.00 **M'T Body Bizarre**
- 1.00 AM **Extreme Cheapskates**
- 2.00 **Temptation Island**
- 3.00 **Sex Sent Me to the ER**
- 4.00 **Seeking Sister Wife**
- 5.00 to 6.00 AM **Extreme Cheapskates**

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.10 AM **FILM Waterloo** Epic historical drama. (1970, U, 132min) ★★★
- 11.00 **The High Chaparral**
- 12.00 **NOON Wanted: Dead or Alive** Double bill.
- 1.00 PM **FILM Bite the Bullet** Western. (1975, PG, 131min) ★★★★★
- 3.45 **FILM The Lone Gun** Western adventure. (1954, U, 78min) ★★
- 5.30 **Wanted: Dead or Alive**
- 7.00 **The High Chaparral**
- 8.00 **The Avengers**
- 9.00 **FILM Acts of Violence** Crime drama with Bruce Willis and Cole Hauser. (2018, 15, 86min) ★★
- 11.00 **FILM The Hunter's Prayer** Thriller starring Sam Worthington. (2017, 15, 91min) ★★
- 12.55 AM **FILM Earthfall** Sci-fi action thriller. (2015, 12, 89min) ★★
- 2.50 to 5.00 AM **Wild West Chronicles**

+1 hour 324

Legend

148 149 41 137

- 8.00 AM **Walker, Texas Ranger** 2/26. (S3)
- 9.00 **Six Million Dollar Man**
- 10.00 **T.J. Hooker** 21/22. (S3)
- 11.00 **FILM Jetstream** Sci-fi disaster movie. (2012, 12, 88min) ★★
- 1.05 PM **FILM Above Us the Waves** Drama. (1955, b/w, U, 99min) ★★★★★
- 3.00 **FILM Sea of Sand** Action drama. (1958, b/w, U, 97min) ★★★★★
- 5.00 **Star Trek** 26/30. (S1)
- 6.00 **T.J. Hooker** 22/22. (S3)
- 7.00 **Six Million Dollar Man**
- 8.00 **Walker, Texas Ranger**
- 9.00 **FILM Machete Kills** Action thriller sequel. (2013, 15, 105min) ★★
- 11.10 **FILM Black Eagle** Martial arts spy thriller. (1988, 15, 100min) ★
- 1.10 AM **FILM The Courier** Crime action thriller. (2019, 18, 99min) ★
- 3.05 to 4.50 AM **FILM Death Line** Horror thriller. (1972, 18, 82min) ★★★★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM **Most Ridiculous**
- 9.00 **Guessable?**
- 10.00 **Home Improvement**
- 12.00 **NOON Last Man Standing** 18&19/24. (S1)
- 1.00 PM **Friends** (S5&6)
- 9.00 **Kevin Bridges Live in Glasgow** Stand-up.
- 10.00 **Comedy Central Live** **New edition** With Sikisa, Emmanuel Sonubi, Alasdair Beckett-King and Kemah Bob.
- 11.00 **Teachers** **New episode** 2/20. Mrs. Adler garners some attention from a doting student. (S3)
- 11.30 **Al Murray: Pub Landlord** - Live at the Palladium
- 1.05 AM **Whose Line Is It Anyway? USA**
- 2.05 **Beavis and Butt-Head**
- 3.05 **The Comedy Central Chart Show**
- 3.10 **Jessica Fosteckew: Silence of the Nans**
- 4.15 to 5.00 AM **Friends**

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.00 AM **FILM Home Is Where the Killer Is** Thriller. (2019, 12) ★★
- 10.55 **FILM Black Widow** Thriller. (2007, PG) ★★
- 1.00 PM **FILM Dangerous** Bestie Crime thriller. (2018, PG, 89min) ★★
- 3.00 **FILM In Bed with a Killer** (2019, PG) ★★
- 5.00 **FILM Lost Letter** **Mysteries: Second Chances** Crime drama. (2014, PG, 90min) ★★
- 7.00 **Perception** Double bill.
- 9.00 **FILM Six Days Seven Nights** Comedy. (1998, 12, 101min) ★
- 11.10 **FILM It Could Happen to You** Comedy. (1994, PG, 101min) ★★
- 1.25 AM **FILM The Nanny** Betrayal Thriller. (2018, 12, 90min) ★★
- 3.30 **Air Rescue**
- 4.00 to 6.00 AM **FILM A Deadly Lullaby** Thriller. (2020, 12, 86min) ★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM **FILM Asteroid v Earth** As 5.00pm.
- 8.00 **FILM Stormageddon** Thriller with Joseph Gatt. (2015, PG, 90min) ★★
- 10.00 **Farscape** 3/22. (S2)
- 11.00 **FILM The Philadelphia Experiment** Sci-fi mystery thriller remake. (2012, 15, 89min) ★★
- 1.00 PM **FILM Monster Island** Sci-fi thriller. (2019, PG, 90min) ★★
- 3.00 **Farscape** 3/22. (S2)
- 4.00 **Star Trek** 4/26. (S2)
- 5.00 **FILM Asteroid v Earth** Sci-fi disaster movie. (2014, 15, 91min) ★★
- 7.00 **Farscape** 4/22. (S2)
- 8.00 **Star Trek** 5/26. (S2)
- 9.00 **FILM Armored** Thriller with Columbus Short. (2009, 12, 88min) ★★
- 10.50 **FILM War on the Range** Western thriller. (2015, 15, 100min) ★★
- 1.00 to 3.00 AM **FILM Armored** As 9.00pm.

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM **Home Improvement**
- 7.00 **Teleshopping**
- 9.00 **Impractical Jokers**
- 10.00 **Becker** 18&2/24. (S2)
- 11.00 **Friends** (S4)
- 1.00 PM **Comically Funny**
- 2.30 **Impractical Jokers**
- 3.00 **Whose Line Is It Anyway? USA**
- 4.00 **Guessable?**
- 5.00 **Becker** 1&2/24. (S2)
- 6.00 **Home Improvement**
- 8.00 **Last Man Standing** 18/24. The girls introduce Bud to the world of internet dating.
- 8.30 **19/24.** Mike is tired of being the butt of a neighbourhood prankster's jokes. (S1)
- 9.00 **South Park** (S10&16)
- 2.00 AM **Key & Peele**
- 3.00 **Ugly Americans**
- 3.45 **Guessable?**
- 4.30 **Andy Parsons: Live & Unleashed** - But Naturally Cautious
- 5.15 to 6.00 AM **Home Improvement**

GREAT! romance

319 424 52

- 8.10 AM **FILM Love on the Rise** Romantic drama. (2020, U, 86min) ★★
- 10.00 **FILM The Secret Ingredient** Comedy. (2020, PG, 83min) ★★
- 12.05 PM **FILM South Beach Love** Romantic comedy. (2021, PG, 83min) ★★
- 2.00 **FILM Sealed with a Kiss** Drama. (2015, PG) ★★
- 4.05 **FILM The Perfect Bride: Wedding Bells** Drama. (2018, PG, 84min) ★★
- 6.00 **FILM Double Wedding** Comedy. (2010, PG) ★★
- 8.00 **FILM Wedding Season** Romantic comedy. (2023, U, 84min) ★★
- 9.55 **FILM Romance Retreat** Comedy. (2019, PG) ★★
- 11.50 **FILM Love is on the Air** Romantic drama. (2021, PG, 90min) ★★
- 1.50 AM **Highway to Heaven**
- 3.00 to 5.00 AM **FILM Love, For Real** Comedy. (2021, PG, 84min) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM **Dickinson's Real...**
- 6.40 **Pawn Stars**
- 7.30 **Auction Hunters**
- 7.55 **Storage Wars: Texas**
- 8.55 **Hardcore Pawn**
- 10.15 **Alien Files Reopened**
- 11.10 **Weird or What?**
- 12.10 PM **Ancient Superstructures**
- 1.05 **Mysteries from Above**
- 2.05 **Pawn Stars**
- 3.05 **Storage Wars: Texas**
- 4.00 **Ancient Aliens**
- 6.00 **Alien Files Reopened**
- 7.00 **Pawn Stars**
- 8.00 **Dickinson's Real Deal**
- 9.00 **What on Earth?**
- 10.00 **Mysteries from Above**
- 11.00 **Secrets in the Ice**
- 12.00 **M'T National Park** **Mysteries** Double bill.
- 1.00 AM **Alien Files Reopened** Documentary.
- 2.00 **Weird or What?**
- 3.00 **Hardcore Pawn**
- 3.25 **Rust Valley Restorers**
- 4.10 to 6.00 AM **Ancient Aliens**

Sky Replay

152 156

- 7.00 AM **Sixth Sense** with Colin Fry Double bill.
- 8.00 **Four Weddings**
- 10.00 **Highway Patrol**
- 11.00 **Border Patrol**
- 12.00 **NOON The Rookie** (S4)
- 2.00 PM **Motorway Patrol**
- 3.00 **Highway Patrol**
- 4.00 **Border Patrol**
- 5.00 **Air Ambulance ER**
- 6.00 **Customs UK**
- 7.00 **MacGyver** **Treason & Heartbreak & Gurn:** 21/22. Matty's ex-husband asks for help.
- 8.00 **Mason & Cable & Choices:** 22/22. A new adversary's crafty plans force Mac to make an impossible choice. (S3)
- 9.00 **The Force: North East**
- 11.00 **Road Wars** Double bill.
- 1.00 AM **The Russell Howard Hour**
- 3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
- 4.00 **Four Weddings**
- 5.00 to 6.00 AM **Sixth Sense** with Colin Fry

Rewind TV

182 95

- 6.00 AM **Highlights**
- 9.00 **Space 1999** 17/24. (S1)
- 10.00 **Time After Time** (S1)
- 10.30 **Watching 4/7.** (S7)
- 11.00 **Diff'rent Strokes** (S1)
- 11.30 **I Dream of Jeannie** (S1)
- 12.00 **NOON Shine on Harvey Moon** 5/8. (S4)
- 1.00 PM **Jason King** (S1)
- 2.00 **Born Free** (S1)
- 3.00 **Whicker's World**
- 4.00 **Stereo Underground**
- 5.00 **Diff'rent Strokes** (S1)
- 5.30 **Watching 4/7.** (S7)
- 6.00 **I Dream of Jeannie** (S1)
- 6.30 **Married... With Children**
- 7.00 **The Zoo Gang** 5/6. (S1)
- 8.00 **Born Free** (S1)
- 9.00 **Jason King** 5/26. (S1)
- 10.00 **Married... With Children**
- 10.30 **Drop the Dead Donkey**
- 11.00 **The Mrs Merton Show**
- 11.35 **Hammer House of Horror** 12/13. (S1)
- 12.35 AM **Shine on Harvey...**
- 1.35 **Whicker's World**
- 2.35 **Monkey 5/26.** (S1)
- 3.30 to 6.00 AM **Highlights**

5SELECT

153 138 46 133

- 9.00 AM **World's Most Scenic Railway Journeys**
- 10.00 **Shetland: Scotland's Wondrous Isles**
- 11.00 **Ben Fogle: New Lives in the Wild** Double bill.
- 1.00 PM **The Yorkshire Vet**
- 2.55 **Murder, She Wrote**
- 4.00 **Columbo**
- 5.30 **Walking Victorian Britain** From Liverpool.
- 6.00 **World's Most Scenic Railway Journeys**
- 7.00 **Ben Fogle: New Lives in the Wild** Double bill.
- 9.00 **Madrid with Michael Portillo** 1/3. Michael visits Madrid, a city he's adored since the 1960s.
- 10.00 **Sue Perkins: Lost in Thailand** Sue travels to the city of Bangkok.
- 11.00 **Prisoner: Cell Block H**
- 1.05 AM **Bargain-Loving Brits in the Sun**
- 3.00 **Shetland: Scotland's Wondrous Isles**
- 3.50 to 4.00 AM **Entertainment News**

MTV

126/127 824 134

- 6.00 AM **The Hills**
- 6.20 **16 and Pregnant**
- 7.10 **Teen Mom OG**
- 9.00 **Teen Mom 2**
- 11.00 **Catfish: The TV Show**
- 1.00 PM **Catfish: Catch of the Day** Reality series.
- 2.00 **Catfish: The TV Show**
- 3.00 **Catfish: Firsts**
- 4.00 **Catfish: The TV Show**
- 7.00 **Teen Mom: The Next Chapter** Reality series.
- 8.00 **New edition** Mackenzie's dad suffers a life-threatening injury.
- 9.00 **Help! I'm in a Secret Relationship!** **New edition** Cam has decided to hide Kaitlin.
- 10.00 **Catfish: The TV Show**
- 11.00 **NEW SERIES** **The Challenge: All Stars**
- 12.00 **M'T Ridiculousness** **New edition** With Steelo, Rob and Carly Aquilino.
- 12.30 AM **Ridiculousness**
- 1.00 **Ink Master** Double bill.
- 3.10 to 4.00 AM **Ex on the Beach**

Discovery

125/126 823 177 320 325

- 6.00 AM How Do They Do It?
7.00 Building Off the Grid
9.00 Kindig Customs Double bill.
11.00 Wheeler Dealers
1.00 PM Alaska: Homestead Rescue The rescue of a Tennessee homestead.
3.00 Gold Divers Double bill.
5.00 Deadliest Catch A freighter cuts Jake's lines, forcing his crew to drag for valuable pots.
6.00 Wheeler Dealers Mike Brewer and Marc 'Elvis' Priestley look to restore a Fiat Coupe 20 Valve Turbo.



9.00 Gold Divers

Animal Planet

162/175 178

- 8.00 AM Insane Pools: Off the Deep End From Florida.
9.00 Crikey! It's the Irwins
10.00 Pit Bulls & Parolees
11.00 Alaska: Homestead Rescue
12.00 NOON Insane Pools: Off the Deep End Remodelling a pool.
1.00 PM Crikey! It's the Irwins
2.00 Coyote Peterson: Brave the Wild Double bill of editions.
3.00 Tanked With Mario Lopez.
4.00 Pit Bulls & Parolees
5.00 Alaska: Homestead Rescue
6.00 Insane Pools: Off the Deep End Creating a dream pool.



7.00 Life at Vet University

Nat Geographic

129/130 825 183

- 8.00 AM Food Factory
9.00 Air Crash Investigation: Special Report
10.00 World War II: Secrets from Above Documentary.
11.00 Airport Security: Rome
12.00 NOON Car S.O.S
1.00 PM Rocky Mountain Railroad
2.00 Air Crash Investigation
3.00 Lost Tombs of the Pyramids
4.00 Egypt's Sun King: Secrets and Treasures
5.00 Car S.O.S Tim and Fuzz rescue a 1992 VW Corrado.
6.00 Nazi Megastructures



8.00 Car S.O.S

Sky History

123/124 821 131 353 368

- 6.00 AM American Pickers
6.50 History's Greatest Aircraft
7.45 Flipping Bangers
8.45 Forged in Fire
9.35 Storage Wars Five editions.
12.00 NOON Mountain Men
1.00 PM Flipping Bangers
2.00 Combat Machines
4.00 Digging for Britain
5.00 Pawn Stars A medal from World War One is appraised.
5.30 A seller brings in an antique high wheel bike.
6.00 American Pickers A private arcade is explored.



9.00 The Curse of Oak Island

U&Yesterday

155 846 129 27 159

- 6.10 AM Antiques Roadshow
8.00 Secret Nazi Bases
9.00 Living with Hitler
10.00 The Architecture the Railways Built Double bill.
12.00 NOON Joanna Lumley's Trans-Siberian Adventure
1.00 PM Antiques Roadshow
2.00 Bangers & Cash Double bill.
4.00 Secret Nazi Bases
5.00 Living with Hitler A look into the racially unified People's Community.
6.00 Antiques Roadshow From Newcastle's Civic Centre.



7.00 How Britain Worked

7.00 **Salvage Hunters**
Drew Pritchard hopes to strike a deal on a visit to a 900-year-old abbey located in Somerset.

8.00 **Kindig Customs**
One of KevDogg's favourite cars has arrived at the shop, and he leads the charge on the build.

9.00 **Gold Divers** **New edition**
On the frozen battlefield, Vernon's crew attempt their first dive – but tempers soon explode.

10.00 **America's Backyard Gold**
Dave heads to the state of Oregon, where he shows where the gold is and how to get it.

11.00 **America's Backyard Gold**
Dave journeys to the Black Hills of South Dakota.

12.00 **MT Street Outlaws: Locals Only**
A race in Idaho.

1.00 AM **Gold Divers** As 9.00pm.
2.00 **America's Backyard Gold**
3.00 **Iron Resurrection**
4.00 to 5.00 AM **Moonshiners**

+1 hour 225/226 377

7.00 **Life at Vet University**
Behind the scenes of a Pennsylvania veterinary school, where the students will soon graduate.

8.00 **Shark Vortex**
A look into the arrival of 30 species of shark to the waters of southern New England every summer.

9.00 **Tiger Shark Beach**
Dr Neil Hammerschlag answers some important questions about the tiger shark's life cycle.

10.00 **Alaskan Bush People**
The Browns begin an ambitious barn build, and Noah returns to reunite the entire wolfpack.

11.00 **Flying Wild Alaska**
Yuri undergoes training in Bethel for a potential promotion.

12.00 **MT Pit Bulls & Parolees**
1.00 AM **Alaskan Bush People**

2.00 **Pit Bulls & Parolees**
3.00 **Alaska: Homestead Rescue**
4.00 to 5.00 AM **Insane Pools: Off the Deep End**

+1 hour 262/275 378

7.00 **Air Crash Investigation**
The case of an C-130 firebomber which crashed while battling an epic Australian wildfire.

8.00 **Car S.O.S Mechanics**
Tim Shaw and Fuzz Townshend get to grips with a 1971 Lamborghini Espada in Derbyshire.

9.00 **Car S.O.S**
Tim Shaw and Fuzz Townshend take on a neglected 1988 Fiat Uno Turbo belonging to a former car salesman.

10.00 **Car S.O.S**
The boys pick up a 1978 JCB digger belonging to a former carpenter who suffered two heart attacks.

11.00 **Air Crash Investigation**
12.00 **MT Murder in the Skies: Who Downed MH17?**

1.00 AM **Mysterious Islands**
2.00 **Lords of War**
2.30 **Made in a Day**
3.20 **Food Factory** Double bill.
4.10 to 5.00 AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

7.00 **Forged in Fire**
Two bladesmiths are tasked with recreating a beautiful but deadly Indonesian sword, the kelewang.

8.00 **History's Greatest Aircraft** **New edition**
The World War Two-era fighter, the Republic P-47 Thunderbolt.

9.00 **The Curse of Oak Island** **New edition**
In the swamp, the team uncover a previously unknown structure.

10.00 **Tales from Oak Island** **Series finale**
Featuring a look at the discoveries made by Gilbert Hedden during the late 1930s.

11.00 **The UnBelievable with Dan Aykroyd**
Some of the strangest experiments on record that boggle the mind.

12.00 **MT Pawn Stars** Double bill.
1.00 AM **Flipping Bangers**
2.00 **Forged in Fire**
3.00 **History's Greatest Aircraft**
4.00 AM **Storage Wars**

+1 hour 223/224 331

7.00 **How Britain Worked**
Guy Martin overhauls a steam locomotive currently in use on the Severn Valley Railway.

8.00 **Great Coastal Railway Journeys**
Michael Portillo heads to the Isle of Man.
8.30 A journey from Liverpool to Blackpool.

9.00 **Great Canal Journeys**
Timothy West and Prunella Scales explore the landscape of north-west Portugal.

10.00 **Bangers & Cash**
A couple of very different Ford Capri cars with long histories go head to head at the auction.

11.00 **Abandoned Engineering**
Exploring a city in Azerbaijan that was razed to the ground.

12.00 **MT Joanna Lumley's Trans-Siberian Adventure**
The actor travels across Mongolia to Siberia's border.
1.00 to 3.00 AM **Secrets of the London Underground**

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM Chasing Classic Cars
8.00 American Pickers
9.00 Aussie Gold Hunters
11.00 The Repair Shop
1.00 PM Salvage Hunters
3.00 Shed and Buried
4.00 Find It, Fix It, Flog It
6.00 The Repair Shop
8.00 Salvage Hunters Drew Pritchard and John Tee visit a 500-year-old copper mine in Cumbria.
9.00 Drew and Al pick through a stash of antiques belonging to a highly regarded dealer.

- 10.00 **Salvage Hunters: Georgian House Restoration** **New edition**
Big bills mean Drew needs to raise funds for his house restoration.
11.00 Wheeler Dealers
1.00 AM Chasing Classic Cars
3.00 Find It, Fix It, Flog It
4.00 to 5.00 AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM Say Yes to the Dress: Bridesmaids
7.00 Say Yes... Lancashire
8.00 Curvy Brides Boutique
9.00 Say Yes to the Dress
10.00 Forensic Detectives
12.00 NOON Deadly Affairs
1.00 PM On the Case with Paula Zahn
2.00 Murder on CCTV
3.00 Faking It: Tears of a Crime Tracie Andrews.
4.00 American Monster
6.00 People Magazine Investigates
7.00 The Killer in My Family
8.00 Murder on CCTV
9.00 **NEW SERIES** Signs of a Psychopath Double bill of the true-crime series.

- 10.00 **Deadly Women**
11.00 Murder on CCTV
12.00 MT Faking It: Tears of a Crime Double bill.
2.00 AM Murder Comes to Town True-crime.
3.00 to 4.00 AM FBI Files

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM Judge Judy
1.00 PM Judge Judy
7.00 See No Evil The case of Atlanta entrepreneur Terry Porter, who was found shot dead.
8.00 **Killers: Caught on Camera**
In Colorado, a young woman goes missing, and a teenage girl is found murdered in the state of Florida.
9.00 **Forensic Factor** **New edition**
Prostitutes in Spokane, Washington are being hunted down and discarded by a killer.

- 10.00 **Murder by the Sea** **New edition**
The controversial case of the hanging of John Kewish.
11.00 **Evidence of Evil**
12.00 MT 48 Hours
1.00 AM Forensic Factor
2.00 Murder by the Sea
3.00 Medical Detectives
4.00 to 6.00 AM Judge Judy

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM 48 Hours
11.00 Medical Detectives
2.00 PM 48 Hours
4.00 **Medical Detectives**
A criminally charged sex offender and murderer attacks in a terrifying rage.
4.30 A 77-year-old is attacked by a thief and shot to death.
5.00 A college student is stabbed to death in her own apartment.
5.30 Someone is apparently targeting high-level members of law enforcement located in Texas county.
6.00 A mother and her two children are found murdered in their beds.
6.30 A woman's body is found under a bridge.
7.00 Judge Judy Real-life small claims cases.
12.05 AM Judge Judy
4.45 to 6.00 AM Medical Detectives

Sky Crime

122/123 820 121 349 364

- 6.00 AM Highway Cops
7.00 Send in the Dogs
8.00 Stop, Search, Seize
9.00 Nothing to Declare
10.00 Brit Cops: Law & Disorder Documentary.
11.00 Catching the Killer
12.00 NOON Killing Mum...
1.00 PM Killer in My Village
2.00 Murders That Shocked the Nation
3.00 Most Evil Killers
5.00 Catching the Killer
6.00 Killing Mum and Dad
7.00 World's Most Evil Killers
8.00 Britain's Most Evil Killers
9.00 The Real Manhunter **New edition** True-crime.
10.00 How I Caught the Killer
11.00 Catching the Killer
12.00 MT Most Evil Killers
1.00 AM How I Caught...
2.00 Snapped Gloria Aiken.
3.00 Most Evil Killers
4.00 UK Border Force
5.00 to 6.00 AM Motorway Patrol

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM Grand Tours of Scotland Isle of Arran.
8.40 Wrecks That Changed the World
9.40 Chivalry and Betrayal: The Hundred Years War
10.55 Hitler's Power
12.00 NOON Countdown to War Events of 1939.
1.00 PM Grand Tours of Scotland Isle of Arran.
1.40 Wrecks That Changed the World
2.40 Chivalry and Betrayal: The Hundred Years War
3.55 Hitler's Power
5.00 Grand Tours of Scotland
5.40 Countdown to War
6.40 Wrecks That Changed the World
7.40 Chivalry and Betrayal: The Hundred Years War
8.55 Hitler's Power
10.00 Countdown to War
11.00 Wrecks That Changed the World
12.00 MT Hitler's Power
1.10 to 2.00 AM Grand Tours of Scotland

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM The Movies
7.00 Discovering: Meryl Streep
8.00 The Directors
9.00 The Nineties
10.00 Janet Jackson
10.55 Ren Faire
12.00 NOON Lance
4.00 PM The Directors
5.00 Discovering: Meryl Streep
6.00 The Nineties
7.00 Janet Jackson 4/4. Following the Super Bowl controversy, Janet finds herself blacklisted.
8.00 FILM Touching the Void Dramatised documentary. (2003, 15, 106min) ★★★★★
10.00 FILM The Alpinist Documentary about elusive climber Marc-André Leclerc. (2021, 12, 92min) ★★★★★
11.50 Stirling The life of Stirling Moss.
1.10 AM Gabon: Earth's Last Chance A Manchester scientist who became the environment minister of Gabon.
3.00 Seve The life and career of golfer Severiano Ballesteros.
5.00 to 6.00 AM Discovering: Meryl Streep

Crime+Investigation

156 837 133

- 6.00 AM Homicide: Hours to Kill
7.00 Homicide Hunter
8.00 The First 48
9.00 Meet, Marry, Murder
10.00 Murder By Medic
11.00 Imperfect Murder
12.00 NOON Buried in the Backyard
1.00 PM Somebody's Hiding Something Documentary.
2.00 Murder Masterminds
3.00 Killer Britain with Dermot Murnaghan Janbaz Tarin.
4.00 Meet, Marry, Murder
5.00 On the Case with Paula Zahn
6.00 Homicide: Hours to Kill
7.00 The First 48
8.00 Murder By Medic **New edition** The story of Gail Katz's murder.
9.00 Green Eyed Killers **New edition**
10.00 Family Massacre
11.00 Homicide Hunter
12.00 MT Buried in the Backyard
1.00 AM Green Eyed Killers
2.00 Family Massacre
3.00 Somebody's Hiding Something
4.00 On the Case with Paula Zahn
5.00 to 6.00 AM Imperfect Murder

+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM Abandoned Engineering
1.00 PM Abandoned Engineering
5.00 The Bill One For the Ladies: The death of a bigamist leads Tosh to a difficult conclusion.
5.30 No Shelter: An Italian lorry driver causes chaos at Sun Hill.
6.00 Out to Lunch: After a night out, Burnside, Carver, and Ramsey find themselves in the middle of an Italian turf war.
6.30 Free Wheel: CID keep an eye on a man who is suspected of the illegal arms shipments.
7.00 Pointless Double bill.
9.00 The Alienist **New episode** Last Exit to Brooklyn: 7/8. Sara, Kreizler and Moore travel to Brooklyn in search of clues hidden in the killer's dark past.
10.00 Series finale Better Angels: 8/8. Sara, Moore and Kreizler struggle with decisions about their future paths. (S2)
11.10 The Bill Four episodes.
1.20 AM Pointless Double bill.
3.20 Abandoned Engineering
5.35 to 6.00 AM The Bill

+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM Tales from Zambia
7.00 Monkey Life
8.00 Undiscovered Vistas
9.00 Amazing Animal Friends
10.00 A Wild Year on Earth
11.00 Wildlife ER
12.00 NOON Uptown Otters
1.00 PM Monkey Life
2.00 Undiscovered Vistas
3.00 Amazing Animal Friends
4.00 A Wild Year on Earth
5.00 Wild Family Ties
6.00 Uptown Otters
7.00 Monkey Life Double bill.
8.00 Volcanic Odysseys
9.00 Super Shark Highway The northern team put a satellite tracker on a great white.
10.00 Uptown Otters The Nomads and Townies squat in Marina Bay.
11.00 Wild Family Ties
12.00 MT Wildlife ER
1.00 AM Arctic Secrets
2.00 Volcanic Odysseys
3.00 Super Shark Highway
4.00 Undiscovered Vistas
5.00 to 6.00 AM Amazing Animal Friends

WILD

165 841 182

- 8.00 AM Yukon Vet
9.00 Shark Men
10.00 Last of the Giants: Wild Fish
11.00 World's Deadliest
12.00 NOON The Incredible Dr Pol
1.00 PM Yukon Vet
2.00 The Flood
4.00 Secrets of the Zoo: Tampa
5.00 The Incredible Dr Pol
6.00 Snakes in the City
7.00 Secrets of the Zoo Staff have their hands full with a koala that is mysteriously losing weight.
8.00 Austria's Wild Heritage 1/2. A look at the beginnings of Austria's national parks.
9.00 2/2. Future challenges to Austria's wild heritage.
10.00 Africa's Deadliest Investigating Africa's most fearsome felines.
11.00 Ice Road Rescue Bjorn gets involved in the pursuit of a couple who have stolen three cars and gone on the run.
12.00 MT When Sharks Attack 360
1.00 AM World's Deadliest
2.00 Yukon Vet
3.00 Secrets of the Zoo: Tampa
4.00 to 5.00 AM Yukon Vet

ID

154 166

- 8.00 AM To Catch a Killer
9.00 I Almost Got Away with It
11.00 Still a Mystery
1.00 PM Evil Lives Here: Shadows of Death
3.00 Evil Lives Here
5.00 Real Time Crime
7.00 The Nanny Trial: The Crimes That Changed Us The US case of a British au pair convicted of involuntary manslaughter.
8.00 Patty Hearst: The Crimes That Changed Us In the 1970s, a radical group kidnap heiress Patty Hearst and brainwash her into joining their organisation.
9.00 Hostage 911 A dance teacher receives a message from her ex-husband holding a gun.
10.00 High Speed Chase
11.00 Faking It: Tears of a Crime
12.00 MT Most Evil
2.00 AM Real Time Crime
4.00 The Nanny Trial: The Crimes That Changed Us As 7.00pm.
5.00 to 6.00 AM Patty Hearst: The Crimes That Changed Us

+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM Ancient Aliens
8.00 History's Greatest Mysteries
9.00 History of Weapons
10.00 What on Earth?
11.00 Ancient Aliens
1.00 PM River Hunters
2.00 Walking Through History
3.00 Clash of the Gods
4.00 History of Weapons
5.00 The Proof Is Out There
6.00 What on Earth?
7.00 UFO Hunters Stories of UFO sightings by police officers.
8.00 Evil Genius with Russell Kane The panel consider US President Richard Nixon.
9.00 Gunpowder Siege 1/3. Drama about the hunt for the men behind the Gunpowder Plot. Stars Chuku Modu. (S1)
10.00 History's Greatest Mysteries Focusing on the assassination of Robert Kennedy in 1968.
11.00 WWII Battles in Colour
12.00 MT Ancient Aliens
2.00 AM River Hunters
3.00 Weird Britain
4.00 UFO Hunters
5.00 to 6.00 AM The Proof Is...

Discovery History

174 181

- 7.00 AM World's Deepest Goldmine
8.00 Kings of Construction
9.00 Combat Dealers
10.00 Blowing Up History
12.00 NOON Expedition Unknown
2.00 PM NASA's Unexplained Files
3.00 How the Universe Works
4.00 Mysteries of the Missing
5.00 Mysteries at the Museum
7.00 Expedition Bigfoot Mireya and Ronny return to where they think they heard whistles and saw glowing eyes. Meanwhile, Mireya agrees to act as bait in order to lure out Bigfoot.
8.00 World's Deepest Goldmine Hazardous conditions facing underground workers at Mponeng mine in South Africa.
9.00 Combat Dealers Bruce rebuilds a German Panther tank.
10.00 Shed and Buried
11.00 Blowing Up History
1.00 AM How the Universe Works
2.00 NASA's Unexplained Files
3.00 to 5.00 AM Expedition Unknown

+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM World's Greatest Motorcycle Rides
7.00 Kindig Customs
8.00 Iron Resurrection
9.00 Roadworthy Rescues
10.00 Motor Pickers
11.00 Salvage Hunters: Classic Cars
12.00 NOON Richard Hammond's Workshop Motoring series.
1.00 PM Extreme RVs
2.00 Wheeler Dealers
3.00 Motor Pickers
4.00 Lucky!
5.00 Roadworthy Rescues
6.00 Salvage Hunters: Classic Cars
7.00 Richard Hammond's Workshop
8.00 Lucky! Formula 1 goes global as Alain Prost and Niki Lauda enthral the growing TV audience.
9.00 Kindig Customs
10.00 Motor Pickers
11.00 Shed and Buried
12.00 MT Lucky!
1.00 AM Iron Resurrection
2.00 Fast N' Loud
3.00 Wheeler Dealers
4.00 to 5.00 AM Wrench'd

+1 hour 261/272

Sky Cinema Premiere

301 401 501 515

- 6.25 AM Chuck Chuck Baby Drama. (2023, 15, 101min) ★★★★★
8.15 Turn Me On As 4.55am.
10.15 The Garfield Movie As 6.15pm.
12.00 NOON The Line As 10.35pm.
2.00 PM A Place Called Silence Chinese thriller with Eric Wang. Subtitled. (2024, 15, 119min)
4.10 The Bikeriders Drama. (2023, 15, 116min) ★★★★★
6.15 The Garfield Movie Animation featuring the voice of Chris Pratt. (2023, U, 101min) ★★★★★



4.10 The Bikeriders

- 8.00 Furiiosa: A Mad Max Saga Fantasy adventure prequel starring Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by the crazed Dementus. With Tom Burke, Lachy Hulme and Alyla Browne. (2024, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.35 The Line Co-writer/director Ethan Berger's drama starring Alex Wolff and Bo Mitchell. A university student tries to live his life without a fear of consequences. (2023, 15, 100min)

- 12.25 AM The Killer Action thriller starring Nathalie Emmanuel. (2024, 15, 126min) ★★★★★
2.40 A Place Called Silence to 6.55 AM Turn Me On Fantasy starring Bel Powley. (2024, 15, 99min) ★★

Sky Cinema Drama

310 410 510 524

- 6.55 AM Dance First Drama. (2023, 12, 100min) ★★
8.50 Beau Is Afraid Horror comedy. (2023, 15, 179min) ★★★★★
11.50 Ordinary Angels Drama with Hilary Swank and Alan Ritchson. (2024, 12, 113min) ★★★★★
1.50 PM The Unlikely Pilgrimage of Harold Fry Drama starring Jim Broadbent and Penelope Wilton. (2023, 12, 108min) ★★
3.40 Straight Outta Compton Biopic of hip-hop group NWA. (2015, 15, 147min) ★★
6.10 Bob Marley: One Love Biopic starring Kingsley Ben-Adir. (2023, 12, 104min) ★★★★★
8.00 Lady Bird Comedy drama starring Saoirse Ronan, Laurie Metcalf and Tracy Letts. (2017, 15, 94min) ★★★★★
9.45 The Boy in the Striped Pyjamas Wartime drama starring Asa Butterfield and Vera Farmiga. (2008, 12, 94min) ★★★★★
11.25 To Olivia Biopic of Roald Dahl. (2021, PG, 90min) ★★★★★
1.10 AM Cicada Romantic drama. (2020, 15, 96min) ★★★★★
2.55 Manodrome Dark thriller. (2023, 15, 96min) ★★
4.40 to 6.30 AM What If Romantic drama. (2013, 15, 98min) ★★★★★

Sky Cinema Hits

303 403 503 517

- 6.05 AM Some Other Woman
7.45 No Hard Feelings As 1.25pm.
9.30 The Exorcist: Believer (2023)
11.25 How to Lose a Guy in 10 Days Romantic comedy. (2003, 12, 116min) ★★
1.25 PM No Hard Feelings Comedy. (2023, 15, 103min) ★★
3.15 Bad Boys II Action comedy sequel starring Will Smith. (2003, 15, 147min) ★★
5.45 Jack Reacher Action thriller. (2012, 15, 130min) ★★



8.00 Baby Driver

- 8.00 Baby Driver Music-themed action thriller starring Ansel Elgort and Kevin Spacey. A young getaway driver finds himself taking part in a heist doomed to fail. With Lily James, Jamie Foxx and Jon Hamm. (2017, 15, 113min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00 The Exorcist: Believer Horror sequel starring Leslie Odom Jr and Ellen Burstyn. Single parent Victor Fielding battles to save the soul of his daughter Angela, 13 years after the death of his wife. (2023, 15, 111min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.55 Desperation Road Thriller. (2023, 18, 112min) ★★★★★
1.55 AM Monolith Mystery thriller. (2022, 15, 90min) ★★
3.40 Some Other Woman Thriller. (2023, 15, 85min) ★★
5.20 to 6.10 AM Sky Cinema Preview

Sky Cinema Sci-fi/Horror

311 411 511 525

- 7.10 AM Resident Evil: Apocalypse
8.50 The Purge: Anarchy As 6.10pm.
10.40 World War Z Action thriller. (2013, 15, 116min) ★★★★★
12.50 PM Tarot Horror starring Harriet Slater. (2024, 15, 92min) ★★
2.30 Something in the Dirt (2022)
4.30 Resident Evil: Apocalypse Sci-fi thriller sequel with Milla Jovovich and Sienna Guillory. (2004, 15, 94min) ★★
6.10 The Purge: Anarchy Horror thriller sequel starring Frank Grillo and Carmen Ejogo. (2014, 15, 102min) ★★
8.00 The Woman in Black Chiller based on Susan Hill's ghost story, starring Daniel Radcliffe. (2012, 12, 91min) ★★★★★
9.45 The Adjustment Bureau Romantic sci-fi thriller starring Matt Damon and Emily Blunt. (2011, 12, 105min) ★★★★★
11.35 Something in the Dirt Comedy drama. (2022, 15, 116min) ★★★★★
1.35 AM The Harbinger Horror with Emily Davis and Gabby Beans. (2022, 15, 87min) ★★★★★
3.05 Next Exit Sci-fi comedy. (2022, 15, 106min) ★★
4.55 to 6.35 AM Resident Evil: Retribution Sci-fi action thriller sequel. (2012, 15, 92min) ★★

Sky Cinema Harry Potter

306 406 506 520

- 6.00** AM **Harry Potter and the Order of the Phoenix** (2007) ★★★★★
- 8.25** **Harry Potter and the Half-Blood Prince** (2009) ★★★★★
- 11.00** **Harry Potter and the Deathly Hallows: Part I** Fantasy. (2010, 12, 146min) ★★★★★
- 1.30** PM **Harry Potter and the Deathly Hallows: Part II** Fantasy. (2011, 12) ★★★★★
- 3.45** **Harry Potter and the Philosopher's Stone** Fantasy. (2001, PG, 152min) ★★★★★



3.45 ...the Philosopher's Stone

- 6.20** **Harry Potter and the Chamber of Secrets** Fantasy adventure. (2002, PG, 161 min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.05** **Harry Potter and the Prisoner of Azkaban** Fantasy adventure starring Daniel Radcliffe. Teenage wizard Harry finds himself and Hogwarts school under threat from dangerous escaped convict Sirius Black, the man he believes murdered his parents. (2004, PG, 142min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.30** **Harry Potter and the Goblet of Fire** Fantasy adventure. (2005, 12, 157min) ★★★★★

- 2.10** AM **Harry Potter and the Order of the Phoenix** Fantasy with Daniel Radcliffe. (2007, 12, 132min) ★★★★★
- 4.35** to **7.15** AM **Harry Potter and the Half-Blood Prince** Fantasy with Daniel Radcliffe. (2009, 12, 153min) ★★★★★

Sky Cinema Awards Season

302 402 502 516

- 7.55** AM **Crouching Tiger, Hidden Dragon** As shown at 2.50am.
- 10.05** **Zero Dark Thirty** Kathryn Bigelow's fact-based drama starring Jessica Chastain. (2012, 15, 157min) ★★★★★
- 12.45** PM **Defiance** As 12.30am.
- 3.05** **Mission: Impossible – Dead Reckoning Part One** Action thriller starring Tom Cruise. (2023, 12, 163min) ★★★★★
- 5.50** **Transformers: Rise of the Beasts** Fantasy prequel. (2022, 12, 127min) ★★★★★
- 8.00** **The Hobbit: The Battle of the Five Armies** Conclusion of the fantasy adventure trilogy with Martin Freeman. Dwarf king Thorin descends into madness as his homeland stands on the brink of war. (2014, 12, 144min) ★★★★★
- 10.30** **Back to the Future** Time-travel comedy fantasy starring Michael J Fox and Christopher Lloyd. (1985, PG, 115min) ★★★★★
- 12.30** AM **Defiance** World War Two action drama with Daniel Craig. (2008, 15, 137min) ★★★★★
- 2.50** **Crouching Tiger, Hidden Dragon** Ang Lee's adventure. (2000, 12, 120min) ★★★★★
- 5.00** to **6.00** AM Sky Cinema Preview

Sky Cinema Action

307 407 507 521

- 6.30** AM **S.W.A.T.** Action thriller. (2003, 12, 115min) ★★★★★
- 8.35** **Gran Turismo** As 10.00pm.
- 10.55** **Man of Steel** Fantasy. (2013, 12, 143min) ★★★★★
- 1.25** PM **Superman Returns** Superhero adventure. (2006, 12, 154min) ★★★★★
- 4.00** **The Huntsman: Winter's War** Fantasy adventure. (2016, 12, 114min) ★★★★★
- 6.00** **Madame Web** Fantasy. (2024, 12, 116min) ★★★★★



10.00 Gran Turismo

- 8.00** **Terminator Salvation** Sci-fi action thriller sequel starring Christian Bale, Sam Worthington and Anton Yelchin. In 2018, resistance hero John Connor leads the fight back against the killer robots. (2009, 12, 110min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00** **Gran Turismo** Action drama starring David Harbour. A teenager beats thousands of other gamers in a competition to sit behind the wheel of a real racing car. (2023, 12, 123min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.15** AM **Top Gun** Action drama. (1986, 12, 110min) ★★★★★
- 2.10** **Once Upon a Time in China and America** Adventure. (1997, 15, 102min) ★★★★★
- 4.00** **Hero** Chinese adventure. (2002, 12, 99min) ★★★★★
- 5.45** to **7.25** AM **The Old Way** Western. (2023, 15, 95min) ★★★★★

Sky Cinema Greats

304 404 504 518

- 6.35** AM **Hondo** As 3.35am.
- 8.15** **Silent Running** As 1.50am.
- 10.00** **The War of the Worlds**
- 11.40** **Star Trek II: The Wrath of Khan** Sci-fi adventure. (1982, 12, 113min) ★★★★★
- 1.40** PM **Superman II** Fantasy sequel. (1980, PG, 127min) ★★★★★
- 3.55** **Back to the Future Part II** Comedy adventure sequel. (1989, PG, 107min) ★★★★★
- 5.55** **Back to the Future Part III** Comedy adventure sequel. (1990, PG, 112min) ★★★★★
- 8.00** **Superman III** Fantasy adventure sequel starring Christopher Reeve and Richard Pryor. (1983, PG, 123min) ★★★★★
- 10.10** **Star Trek III: The Search for Spock** Sci-fi adventure starring William Shatner and Leonard Nimoy. (1984, PG, 105min) ★★★★★
- 12.10** AM **The War of the Worlds** Sci-fi thriller starring Gene Barry. (1953, PG, 85min) ★★★★★
- 1.50** **Silent Running** Cult sci-fi drama starring Bruce Dern. (1972, U, 90min) ★★★★★
- 3.35** **Hondo** Western starring John Wayne and Geraldine Page. (1953, PG, 84min) ★★★★★
- 5.10** to **6.00** AM Sky Cinema Preview

Sky Cinema Comedy

308 408 508 522

- 6.45** AM **Problemista** As 11.30pm.
- 8.40** **Being John Malkovich** Surreal comedy. (1999, 15) ★★★★★
- 10.40** **Seven Psychopaths** Comedy thriller. (2012, 15) ★★★★★
- 12.40** PM **Mr Deeds** Comedy. (2002, 12, 96min) ★★★★★
- 2.25** **Balls of Fury** Martial arts spoof. (2007, 12, 90min) ★★★★★
- 4.05** **Tropic Thunder** Spoof. (2008, 15, 107min) ★★★★★
- 6.00** **Scott Pilgrim vs. the World** Comedy. (2010, 12) ★★★★★



9.45 Coup!

- 8.00** **Game Night** Comedy with Jason Bateman. A group of friends become entangled in a mystery when the brother of one of them is seemingly kidnapped by gangsters. (2018, 15, 100min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.45** **Coup!** Comedy thriller starring Peter Sarsgaard. A mischievous cook leads a revolt against his rich boss during the Spanish Flu pandemic of 1918. (2023, 12, 98min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.30** **Problemista** Offbeat comedy. (2024, 15, 104min) ★★★★★

- 1.20** AM **Everybody Wants Some!!** Richard Linklater's comedy. (2016, 15, 117min) ★★★★★
- 3.25** **The Big Lebowski** Offbeat comedy thriller starring Jeff Bridges and John Goodman. (1998, 18, 117min) ★★★★★
- 5.30** to **7.10** AM **Please Don't Destroy: The Treasure of Foggy Mountain** Comedy. (2023, 15, 93min) ★★★★★

Sky Cinema Animation

305 412 500 514

- 6.30** AM **Maya the Bee** As 12.35am.
- 8.00** **Mr Peabody & Sherman** Animated family comedy. (2014, U, 97min) ★★★★★
- 9.35** **Hotel Transylvania 3: Summer Vacation** Animated comedy sequel. (2018, U, 97min) ★★★★★
- 11.15** **Batman: Return of the Caped Crusaders** Animated adventure. (2016, PG, 78min) ★★★★★
- 12.45** PM **Mavka: The Forest Song**
- 2.30** **Antz** Animated family comedy. (1998, PG, 83min) ★★★★★
- 4.00** **Ruby Gillman, Teenage Kraken** Animation. (2023, PG) ★★★★★
- 5.35** **Sing** Animated musical comedy. (2016, U, 108min) ★★★★★
- 7.25** **The Prince of Egypt** Animated drama. (1998, U, 99min) ★★★★★
- 9.10** **Mavka: The Forest Song** Animation. (2023, PG) ★★★★★
- 11.00** **Rock Dog** Animated adventure. (2016, PG, 90min) ★★★★★
- 12.35** AM **Maya the Bee** Animated adventure. (2014, U, 86min) ★★★★★
- 2.05** **The Inseparables** Animation. (2023, U, 90min) ★★★★★
- 3.40** **Rock Dog 2: Rock Around the Park** Animated comedy sequel. (2021, U, 90min) ★★★★★
- 5.15** to **6.40** AM **Lego DC Comics Super Heroes: The Flash** Animation. (2018, U) ★★★★★

Sky Cinema Thriller

309 409 509 523

- 7.25** AM **The Cinema List: Payback** State of Play Thriller. (2009, 12, 127min) ★★★★★
- 9.55** **The Bourne Supremacy** Spy thriller. (2004, 12) ★★★★★
- 11.50** **Rumble Through the Dark** Thriller. (2023, 15) ★★★★★
- 1.55** PM **Jack Reacher: Never Go Back** Thriller. (2016, 12) ★★★★★
- 3.55** **The Bourne Ultimatum** Spy thriller. (2007, 12) ★★★★★
- 6.00** **Hanna** Action thriller. (2011, 12, 106min) ★★★★★



10.05 Sin City

- 8.00** **Nightcrawler** Thriller starring Jake Gyllenhaal, Rene Russo and Riz Ahmed. An unscrupulous freelance TV cameraman prowls the streets of LA, looking for scoops to sell to sensation-hungry TV stations. (2014, 15, 115min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.05** **Sin City** Gory film noir thriller based on the graphic novels of Frank Miller, starring Bruce Willis, Clive Owen and Brittany Murphy. (2005, 18, 124min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.20** AM **Changing Lanes** Thriller. (2002, 15, 99min) ★★★★★

- 2.10** **American Star** Mystery thriller. (2023, 15, 107min) ★★★★★

- 4.05** **False Positive** Horror with Ilana Glazer. (2021, 15, 92min) ★★★★★
- 5.45** to **7.30** AM **He Went That Way** Crime drama starring Zachary Quinto and Jacob Elordi. (2023, 15, 96min) ★★★★★

Movies 24

312 419

- 7.00** AM **Unthinkably Good Things** Drama. (2022, PG, 84min) ★★★★★
- 9.00** **Pumpkin Everything** Comedy drama. (2022, PG, 84min) ★★★★★
- 11.00** **A Nashville Legacy** Romantic comedy. (2023, PG, 85min) ★★★★★
- 1.00** PM **Moriah's Lighthouse** Romantic comedy drama. (2022, PG, 84min) ★★★★★
- 3.00** **The Real West** Romantic comedy. (2024, PG, 84min) ★★★★★
- 5.00** **A Royal Runaway Romance** Romantic comedy drama. (2022, PG, 84min) ★★★★★
- 7.00** **A Bridesmaid in Love** Romantic comedy starring Tori Anderson and Sean Poague. (2022, PG, 87min) ★★★★★
- 9.00** **Planning on Forever** Romantic comedy with Emily Tennant and Alec Santos. An events planner organises her sister's wedding with the help of a man she went on a disastrous blind date with. (2022, PG, 89min) ★★★★★
- 11.00** **Modeled with Love** Romantic drama. (2023, PG, 90min) ★★★★★
- 1.00** AM **The Proposal Spot** Drama. (2023, PG, 90min) ★★★★★
- 3.00** to **5.00** AM **The Attraction Test** Comedy. (2022, PG, 85min) ★★★★★

Movies 24+ 315 420

Film4

313 855 428 14 300

- **Films start at 11.00am**
- 11.00** AM **The Long Ships** Adventure. (1963, PG, 125min) ★★★★★
- 1.35** PM **An Affair to Remember** Classic drama starring Cary Grant and Deborah Kerr. (1957, U, 115min) ★★★★★
- 3.50** **Anzio** World War Two drama starring Robert Mitchum. (1967, PG, 117min) ★★★★★
- 6.10** **Independence Day** Sci-fi adventure starring Will Smith. (1996, 12, 145min) ★★★★★



9.00 The Father

- Independence Day** (film started at 6.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00** **The Father** Drama starring an Oscar-winning Anthony Hopkins, with Olivia Colman. An old man gradually succumbs to dementia as his daughter contemplates starting a new life in Paris. (2020, 12, 97min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.55** **Fury** Drama starring Brad Pitt. An American tank crew undertake a final dangerous mission behind enemy lines in the last months of World War Two. (2014, 15, 134min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 1.35** to **4.00** AM **PREMIERE** Shayda Drama. Partly subtitled. (2023, 15, 117min) ★★★★★

+1 hour 314 430 47 301

Talking Pictures

328 445 82 306

- 6.00** AM **Amos Burke, Secret Agent**
- 7.00** **The Frightened Man** Thriller. (1951, b/w, PG, 69min) ★★★★★
- 8.20** **Look at Life**
- 8.30** **One Step Beyond** 32/39. (S2)
- 9.05** **Clash by Night** Thriller. (1963, PG, 76min) ★★★★★
- 10.35** **Lady in the Fog** Mystery. (1952, b/w, PG, 73min) ★★★★★
- 12.15** PM **The Voice Within** Drama. (1946, b/w, PG, 74min) ★★★★★
- 1.45** **Look at Life**
- 1.55** **The Brothers 11/13**. (S3)
- 3.00** **Daniel Boone, Trail Blazer** Western. (1956, PG, 76min) ★★★★★
- 4.35** **Early Western** Documentary.
- 4.45** **The Life and Legend of Wyatt Earp** 29/31. (S1)
- 5.20** **The Adventures of Jim Bowie**
- 5.55** **The Texan** 29/37. (S1)
- 6.30** **The Road to D-Day**
- 7.00** **Z Cars** 22/31. (S10)
- 8.00** **Manhunt** 12/26. (S1)
- 9.05** **Maigret** 3/4. (S5)
- 10.55** **In Suspicious Circumstances**
- 12.00** **MT Maigret** 4/13. (S4)
- 1.05** AM **Ruth Ellis and the Mystery Lover** Documentary.
- 2.40** **House on Haunted Hill** Chiller. (1958, b/w, 12, 75min) ★★★★★
- 4.15** **Bindle** Comedy starring Alfie Bass. (1966, U, 58min) ★★★★★
- 5.30** to **6.00** AM **Richard Diamond**

Sky Sports	Main Event
401 511 501 419 439	
6.00	AM Sky Sports News
6.30	Back Pages Tonight
7.00	LIVE WTA Tennis Coverage of the fourth day of the WTA Dubai Tennis Championships staged at Aviation Club Tennis Centre.
8.30	LIVE ICC Champions Trophy Cricket Pakistan v New Zealand. Coverage of the Group A match from National Stadium in Karachi. This is the first time that this tournament has taken place since 2017, when Pakistan won the title thanks to a huge 180-run victory against India at the Oval.
5.30	PM LIVE WTA & ATP Tennis Coverage from the Tours.
7.30	LIVE EFL Trophy Football Coverage of a semi-final.
10.30	LIVE ATP Tennis Coverage of the third day of the ATP Rio de Janeiro Open from Jockey Club Brasileiro in Rio de Janeiro, Brazil.
2.00	AM Sky Sports News
2.30	Back Pages Tonight
3.00	Sky Sports News
3.30	Back Pages Tonight
4.00	Sky Sports News
4.30	Back Pages Tonight
5.00	Sky Sports News
5.30	to 6.00 AM Back Pages Tonight

TNT Sports 1

410 870 527 408 430

6.00

AM Formula E Highlights

8.00

Premier League Features

9.00

Isuzu A-League Highlights

9.30

A-League Women Highlights

10.00

Fishing: On the Bank

11.00

The Pioneers Eden Hazard.

11.15

What I Wore Glenn Hoddle.

11.45

Sign Up - Into Football

12.30

PM The Football's On

1.30

Massive West Ham United.

3.00

Premier League

4.30

Premier League Netbusters

5.00

Premier League Stories

5.30

1967: When LA Wolves Conquered the USA

6.00

TNT Sports Reload

6.30

Serie A - Full Impact

7.00

LIVE UEFA Champions League Real Madrid v Manchester City. The knockout phase play-off second-leg at the Bernabeu. Kick-off is at 8.00pm.

10.30

Champions League Highlights

11.30

Premier League Netbusters

12.00

M'T Cornered Johnny Greaves.

1.00

AM Ultimate Pool

2.30

TNT Sports Reload

3.00

Formula E Unplugged

4.00

The Football's On

5.00

to 6.00 AM Fishing: On the Bank

TNT Sports 4

421

876

530

411

434

6.00

AM

MLB Classic

Archive action

9.00

NBA Originals

Detroit Pistons.

11.00

NBA Action from the NBA All-Star Rising Challenge.

12.00

NOON Action from the All-Star Saturday Night.

1.30

PM

NBA

The All-Star Game.

3.00

NBA Originals

Larry Bird and Thierry Henry sit down for a candid conversation.

3.30

World Seniors Darts Masters

A review of the 2024 tournament.

5.30

LIVE

UEFA Champions League Borussia Dortmund v Sporting Lisbon.

Coverage of the knockout phase play-off second-leg staged at Signal Iduna Park. Kick-off 5.45pm.

7.45

TNT Sports Reload

The best bits from TNT Sports in the last week.

8.15

Lomu: The Lost Tapes

9.30

Ultimate Pool Group Seven of the Champions League.

11.00

NBA All-Star highlights.

3.00

to 6.00 AM

MLB Classic

Sky Sports	Premier League
402 512 502 420 440	
6.00	AM PL Greatest Games
7.00	Premier League Highlights
8.00	SNF Crystal Palace v Everton.
8.30	Premier League Highlights
9.00	SNF Crystal Palace v Everton.
9.30	Premier League Highlights
10.00	The Football Show
12.00	NOON Gary Neville's Soccerbox
1.00	PM Premier League Highlights
2.30	SNF Crystal Palace v Everton.
3.00	Premier League Highlights Southampton v Bournemouth.
3.30	West Ham Utd v Brentford.
4.00	Liverpool v Wolves.
4.30	Action from Tottenham Hotspur v Manchester United.
5.00	Premier League Best Goals
6.00	Premier League 100 Club
6.30	PL 100: David James
7.00	Premier League Stories
7.30	Premier League 100 Club
8.00	Gary Neville's Soccerbox
9.00	Premier League Stories
9.30	PL 100: Michael Owen
10.00	Premier League Icons
11.00	Premier League Years
1.00	AM PL Retro A match replay.
3.00	PL Greatest Games
4.00	Best PL Goals 2023/24
5.00	Premier League Best Goals
5.30	to 6.00 AM Premier League 100 Club

TNT Sports 2

411 871 528 409 431

6.00

AM UEFA Champions League

9.00

UEFA Europa League & Conference League Magazine

10.00

UEFA Champions League

1.00

PM UEFA Europa League & Conference League Magazine

2.00

UEFA Champions League Highlights Show Recent action.

3.00

Isuzu A-League Highlights

3.30

A-League Women Highlights

4.00

Ultimate Pool Group Seven of the Champions League.

5.30

UEFA Champions League Highlights Show The latest round of play-off matches.

6.30

Fight Night A look ahead to Artur Beterbiev v Dmitry Bivol.

7.30

Premier League Reload

7.45

LIVE UEFA Champions League PSV Eindhoven v Juventus. The knockout phase play-off second-leg staged at Philips Stadion. Kick-off 8.00pm.

10.00

ABB FIA Formula E World Championship Highlights Action from the Jeddah ePrix races at Jeddah Corniche Circuit.

12.00

M'T UFC Main Event

2.00

AM UFC: The Ultimate Fighter

5.00

to 6.00 AM Premier League Legends

Eurosport 1

413 870 521 412 435

6.00	AM Alpine Skiing From Austria.
7.00	Biathlon From Switzerland.
8.00	Australian Open Tennis
9.00	Cyclo-Cross From Sint-Niklaas.
9.30	Show Jumping From Dubai.
11.00	Snooker: Welsh Open
12.55	PM Biathlon From Switzerland.
1.50	LIVE Biathlon Coverage of the men's 20km individual event at the World Championships from Lenzerheide in Switzerland.
4.00	Alpine Skiing From Austria.
6.00	Show Jumping From Florida.
7.00	Biathlon From Switzerland.
8.00	Masters Snooker Shaun Murphy v Kyren Wilson in the final.
10.00	Australian Open Tennis
11.00	Cycling: Tour of Andalucia
12.00	M'T Cycling: Men's UAE Tour
1.00	AM Cycling: Tour of Algarve
2.00	Biathlon From Switzerland.
3.00	Alpine Skiing From Austria.
4.00	Cycling: Tour of Algarve
5.00	to 6.00 AM Cycling: Men's UAE Tour

Sky Sports	Football
403 513 503 421 441	
6.00	AM EFL Cup The 2009 final.
8.45	EFL Greatest Games
10.00	Championship Season Review
11.00	EFL Cup Highlights
11.30	EFL Trophy Football
12.00	NOON WSL Action from Manchester City v Liverpool.
12.30	PM Scottish Premiership Round-Up Top-flight action.
12.45	SPFL Highlights
1.00	EFL Highlights
2.00	Bundesliga Highlights Show
3.00	EFL Highlights
4.30	Scottish Premiership Round-Up Top-flight action.
4.45	SPFL Highlights
5.00	WSL Manchester City v Liverpool.
5.30	EFL Highlights
6.45	WSL Manchester City v Liverpool.
7.15	Scottish Premiership Round-Up Top-flight action.
7.30	LIVE EFL Trophy Football Coverage of a semi-final.
10.30	EFL Highlights
11.30	EFL Greatest Games
12.00	M'T EFL Trophy Football Action from a semi-final.
12.30	AM Championship Retro
2.30	EFL Greatest Games
4.00	EFL Cup Retro The 2018 final.
4.30	to 6.00 AM EFL Highlights

TNT Sports 3

417 874 529 410 432

6.00	AM One Day International Cricket West Indies v Bangladesh.
9.00	T20 Cricket Highlights
12.00	NOON WRC Review
1.00	PM ABB FIA Formula E World Championship Highlights
3.00	Fishing: On the Bank
4.00	Women's Bundesliga
5.00	WRC Review A look back at the latest action from Rally Sweden.
6.00	Sign Up - Into Football
6.45	The Football's On
7.45	LIVE UEFA Champions League Paris Saint-Germain v Brest. Coverage of the knockout phase play-off second-leg at Parc des Princes. Kick-off 8.00pm.
10.00	Serie A - Full Impact Action from Italy, featuring Lazio v Napoli, Juventus v Inter Milan and AC Milan v Hellas Verona.
10.30	Isuzu A-League Highlights
11.00	Ninja A-League Women Highlights Action from the 16th round of fixtures.
11.30	TNT Sports Reload
12.00	M'T UEFA Champions League
4.00	AM UEFA Champions League - Classics Archive highlights.
5.00	to 6.00 AM Women's Bundesliga

Eurosport 2

414

871

522

413

436

6.00

AM Snooker: German Masters

8.00

Biathlon From Switzerland.

8.55

Cycling Recent action.

10.50

LIVE

Cycling: Men's UAE Tour Coverage of stage three.

12.30

PM Cycling: Omloop Het Nieuwsblad From Belgium.

1.00

LIVE

Cycling: Tour of Andalucia The opening stage.

2.35

Cycling: Strade Bianche

3.00

LIVE

Cycling: Tour of Algarve Coverage of stage one.

4.45

Cycling: Omloop Het...

5.00

Discovery Golf

5.30

Spirit of Yachting

6.00

Australian Open Tennis

7.00

Cycling: Tour of Andalucia

8.00

Cycling: Men's UAE Tour

9.00

Cycling: Tour of Algarve

10.00

Biathlon From Switzerland.

11.00

World Superbikes

2.00

AM Cycling: Men's UAE Tour

3.00

Cycling: Tour of Andalucia

4.00

Alpine Skiing From Austria.

5.00

to 6.00 AM Biathlon

Sky Sports	Cricket
404 514 504 422 442	
6.00	AM Best of ICC WT20
6.30	History of the ICC Champions Trophy Archive highlights.
7.30	ICC Men's T20 World Cup
8.30	LIVE ICC Champions Trophy Cricket Pakistan v New Zealand. Coverage of the Group A match staged at National Stadium in Karachi, Pakistan. This is the first time that this tournament has taken place since 2017, when Pakistan won the title thanks to a huge 180-run victory against rivals India at the Oval in London. The hosts made 338-4 in their 50 overs with Fakhar Zaman scoring 114 off 106 balls before India were bowled out for just 158 inside 31 overs.
5.30	PM Best of ICC WT20
7.00	ICC Champions Trophy Cricket
8.00	WPL UP Warriorz v Delhi Capitals.
9.00	ICC Champions Trophy Cricket Pakistan v New Zealand.
10.00	WPL Highlights from India.
11.00	ICC Champions Trophy Cricket
12.00	M'T ICC Men's T20 World Cup
1.00	AM WPL UP Warriorz v Delhi Capitals from Kotambi Stadium.
4.40	Ashes Greats Player profiles.
5.00	to 6.00 AM IPL

Sky Sports	Action
408 517 507 426 446	
6.00	AM Super League Highlights
7.00	Fight Night International
8.00	NFL Highlights
9.00	Super League Highlights
10.00	NFL Highlights Action from Indianapolis Colts v Detroit Lions.
11.00	Fight Night International Jaime Munguia v Bruno Surace.
12.00	NOON NFL Highlights Action from Philadelphia Eagles v Atlanta Falcons.
1.00	PM Good Morning Football
3.00	Fight Night International
5.00	Super Bowl LIX Highlights Kansas City Chiefs v Philadelphia Eagles at Caesars Superdome.
6.00	NBC's Pro-Football Talk
8.00	Fight Night Anthony Joshua v Daniel Dubois from 2024.
9.00	Fight Night International Shukur Stevenson v Shuichiro Yoshino from September 2023.
10.00	Artur Beterbiev v Dmitry Bivol from October 2024.
11.00	NFL Highlights Action from Indianapolis Colts v Detroit Lions.
12.00	M'T The Insiders The latest news covering all 32 NFL teams.
1.00	AM Fight Night International
2.00	NFL Highlights Recent action.
4.00	NFL Bitesize Highlights
5.00	to 6.00 AM NFL Highlights

Sky Sports	Sky Sports+
412 518 508 427 447	
6.00	AM Sky Sports News
6.30	Back Pages Tonight
7.00	LIVE WTA Tennis Day four of the Dubai Tennis Championships.
11.30	LIVE WTA & ATP Tennis Featuring the ATP Doha Open.
7.30	PM LIVE ATP Tennis Day three of the ATP Rio de Janeiro Open at Jockey Club Brasileiro in Brazil.
9.30	Sky Sports News
10.30	Back Pages Tonight
11.00	Sky Sports News
11.30	Back Pages Tonight
12.00	M'T Sky Sports News
12.30	AM Back Pages Tonight
1.00	Sky Sports News
1.30	Back Pages Tonight
2.00	Sky Sports News
2.30	Back Pages Tonight
3.00	Sky Sports News
3.30	Back Pages Tonight
4.00	Sky Sports News
4.30	Back Pages Tonight
5.00	Sky Sports News
5.30	to 6.00 AM Back Pages Tonight

Sky Sports	Golf
405 515 505 423 443	
6.00	AM LPGA Tour Golf
8.00	LPGA Tour Golf Founders Cup.
10.00	Ladies European Tour Golf
11.00	LPGA Tour Golf
1.00	PM TGL Jupiter Links v New York.
3.00	LPGA Tour Golf Founders Cup.
5.00	Ladies European Tour Golf
6.00	PGA Tour Champions
7.00	TGL Jupiter Links v New York.
9.00	PGA Tour: The Cut A look behind the scenes of the tour.
9.30	HotelPlanner Tour Golf Highlights NTT DATA Pro Am.
10.00	Golf's Greatest Holes
10.30	Ladies European Tour Golf
11.30	PGA Tour Golf All four days of the Genesis Invitational.
12.30	AM Golf's Greatest Holes
1.00	PGA Tour Champions
2.00	PGA Tour Golf Mexico Open.
5.00	to 6.00 AM DP World Tour Golf

Sky Sports	Tennis
407 517 520 425 445	
6.00	AM Mirra Andreeva Podcast
6.15	Bitesize Tennis Highlights.
6.30	WTA Tennis Doha Open review.
7.00	LIVE WTA Tennis Day four of the Dubai Tennis Championships, a hard-court tournament staged at Aviation Club Tennis Centre.
11.30	LIVE WTA & ATP Tennis Featuring the WTA Dubai Tennis Championships, ATP Doha Open and ATP Rio de Janeiro Open.
7.30	PM LIVE ATP Tennis Coverage of day three of the ATP Rio de Janeiro Open from Jockey Club Brasileiro in Rio de Janeiro, Brazil.
2.00	AM Sizzle Reel 2024
2.30	ATP 2024 Best of Jack Draper
2.45	Bitesize Tennis San Diego Open.
3.00	ATP Tour This Week
3.30	to 6.00 AM WTA Tennis

Sky Sports	Mix
416 873 510 429 449	
6.00	AM Super League Highlights
7.00	Fight Night International
9.00	PGA Tour Golf Highlights.
10.00	Ladies European Tour Golf
11.00	Nick Dougherty's Tee Time Tips
12.00	NOON Formula 1 Highlights.
12.55	PM WPL Gujarat Giants v Mumbai Indians from Kotambi Stadium.
1.50	LIVE WPL UP Warriorz v Delhi Capitals. Coverage of the Women's Premier League match from Kotambi Stadium in India.
5.30	Super League Highlights
6.00	Ladies European Tour Golf
7.00	ATP Tennis Action from the Delray Beach Open final in Florida.
8.00	WTA Tennis Doha Open final.
9.00	NFL Highlights Action from Miami Dolphins v Buffalo Bills.
10.00	Highlights from Indianapolis Colts v Detroit Lions.
11.00	Fight Night International
12.00	M'T ATP Tennis Recent finals.
3.00	AM Super League Highlights
4.00	PGA Tour Golf Mexico Open.
5.00	to 6.00 AM DP World Tour Golf

Sky Sports	F1
406 516 506 424 444	
6.00	AM Ted's Notebook
6.30	Formula 1 A chance to see the 2024 Hungarian Grand Prix.
11.15	Ted's Notebook
11.45	Sainz Says Farewell
12.00	NOON Formula 1 Highlights.
2.00	PM F1 75 Season Launch
4.00	F1 Show 2024 Season Review
5.30	F1 75 Season Launch
7.30	F1 Show 2024 Season Review
9.00	Formula 1 Highlights from the 2024 Dutch Grand Prix.
10.00	Highlights of the 2024 Italian Grand Prix from Monza.
11.00	Action from the 2024 Azerbaijan Grand Prix in Baku.
12.00	M'T to 6.00 AM The Home of F1

Thursday

20 February

Evening Planner

Thursday

Documentary



James May's Great Explorers

Channel 5, 9pm

The presenter looks at the successes and the mighty fall of Sir Walter Raleigh.

Sci-Fi



PREMIERE

Vesper

Film4, 9pm

Another dystopian drama to add to the mix - but Raffiella Chapman's portrayal of teen Vesper makes this one stand out.

OnDemand

NETFLIX

Zero Day

Available today

Conspiracy thriller starring Robert De Niro as a former US President who is tasked with investigating a fatal cyberattack.



NEW

OnDemand



Reacher

Available today

Alan Ritchison returns as former military cop Jack Reacher in the action thriller based on Lee Child's bestsellers.



NEW

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

101 BBC1	7.00 The One Show †	7.30 EastEnders Live	8.00 Dragons' Den	9.00 The Apprentice	10.00 News; Local News
102 BBC2	7.00 Celebrity Antiques Road Trip	8.00 Great British Menu	9.00 Miriam Margolyes: A New Australian...	10.00 Apprentice...	10.30 Newsnight
103 ITV1	6.30 News	7.30 Emmerdale	8.30 Tonight †	9.00 Beat the Chasers †	10.00 News; Local News
104 CHANNEL 4	7.00 News	8.00 The Dog House	9.00 24 Hours in A&E	10.00 Super Surgeons: A Chance at Life	
105 CHANNEL 5	7.00 Fresh vs Frozen: Which Is Better?	8.00 Tales from the Riverbank	9.00 James May's Great Explorers	10.30 The Vanishings	
106 SKY SHOWCASE	7.00 The Simpsons	8.00 Rob & Romesh vs Anthony Joshua...	9.00 A League of Their Own	10.00 Film: Safe	

ENTERTAINMENT

115 BBC3	7.00 Top Gear	8.00 Glow Up: Britain's Next Make-Up Star	9.00 Film: Just Mercy		
116 BBC4	7.00 The Architecture the... 7.45 Nothing Like a Dame	9.00 Enchanted April: Screen Two			
118 ITV2	7.00 Deal or No Deal	8.00 Gordon Ramsay's Food Stars USA	9.00 Family Guy	10.00 G'wed	10.35 Family Guy
136 MORE4	6.55 Car S.O.S.	7.55 Grand Designs		10.00 Britain's Most Expensive Houses	
135 E4	7.00 The Simpsons 7.30 Modern Family	8.00 The Simpsons	9.00 Celebrity Gogglebox	10.00 Gogglebox	
107 SKY WITNESS	7.00 Nothing to Declare	8.00 FBI: Most Wanted	9.00 FBI: International	10.00 The Good Doctor	
108 SKY ATLANTIC	6.50 Billions	7.55 Game of Thrones	9.00 The Gilded Age	10.05 Homicide: Life on the Street	
110 U&GOLD	6.40 Dad's Army	8.00 The Good Life 8.40 The Vicar of Dibley	10.00 The Cleaner	10.40 Good...	
111 U&DAVE	7.00 Would I Lie to You? 7.40 Richard Osman's House of Games	9.00 QI XL	10.00 Have I Got a Bit More 2023 for You		
119 ITV3	6.55 Heartbeat	8.00 Vera	10.00 Endeavour		
120 ITV4	7.00 The Motorbike Show	8.00 Junk and Disorderly	9.00 Film: Robin Hood		
112 COMEDY CENTRAL	7.00 Friends	9.00 Lee Evans: Roadrunner	10.00 Film: The Brothers Grimsby		
139 SKY SCI-FI	7.00 Warehouse 13	8.00 Stargate SG-1	9.00 Grimm	10.00 The Walking Dead	
113 SKY MAX	7.00 Stargate SG-1	8.00 Rob & Romesh vs Anthony Joshua...	9.00 A League of Their Own	10.00 Poker Face	
109 U&ALIBI	7.00 The Mentalist	8.00 White Collar	9.00 Murdoch Mysteries	10.00 Death in Paradise	
130 SKY ARTS	7.00 Landscape Artist of the Year	8.00 Classic Movies: The Story of The...	9.00 Film: The Ladykillers		
132 U&W	7.00 MasterChef USA	8.00 Pete Wicks: For Dogs' Sake	9.00 At Home with Katherine Ryan	10.00 The Mormons Are Coming	

DOCUMENTARY

125 DISCOVERY	7.00 Salvage Hunters	8.00 Kindig Customs	9.00 Marooned with Ed Stafford	10.00 Caught!	
162 ANIMAL PLANET	7.00 Life at Vet University	8.00 Pet Nation Renovation		10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash Investigation	8.00 Drain the Oceans	9.00 Mysterious Islands	10.00 Lawless Island	
123 SKY HISTORY	7.00 Forged in Fire	8.00 Claw Hunters	9.00 Forged in Fire	10.00 Gangland Chronicles	
155 U&YESTERDAY	7.00 How Britain Worked	8.00 Bangers & Cash	9.00 Dream Car Fixers	10.00 Bangers & Cash	
121 SKY DOCS	7.00 Super/Man: The Christopher Reeve Story	9.00 The Two Escobars			

FILMS - Sky Cinema

301 PREMIERE	6.10 The Line	8.00 Rob Peace	10.10 Furiosa: A Mad Max Saga		
302 AWARDS SEASON	6.00 No Hard Feelings	8.00 Lee	10.00 She Came to Me		
303 HITS	6.15 The Scorpion King	8.00 Men in Black: International	10.00 Constantine		
304 GREATS	6.00 Blade Runner	8.00 Superman IV - The Quest for Peace	9.35 Star Trek IV: The Voyage Home		
305 ANIMATION	5.45 Home 7.20 DC Super Hero Girls: Legends of Atlantis	8.40 The Inseparables	10.15 Rock Dog 2: Rock Around...		
306 HARRY POTTER	7.00 Fantastic Beasts and Where to Find Them	9.15 Fantastic Beasts: The Crimes of Grindelwald			
307 ACTION	5.45 The Legend of Zorro	8.00 Top Gun	9.55 Aquaman		
308 COMEDY	6.20 Nacho Libre	8.00 The Boat That Rocked	10.20 The Big Lebowski		
309 THRILLER	5.55 Three Days of the Condor	8.00 Miami Vice	10.15 American Star		
310 DRAMA	6.15 To Olivia	8.00 Charlie Wilson's War	9.45 Manodrome		
311 SCI-FI	6.30 The Purge	8.00 A Quiet Place: Day One	9.45 Next Exit		
313 FILM4	7.10 13 Going on 30	9.00 Vesper			

SPORT

401 MAIN EVENT	7.00 Premier League Darts - Live: Coverage of round three from Dublin				
402 PREMIER LEAGUE	7.00 Big Interview 7.30 PL Stories	8.00 Gary Neville's Soccerbox	9.00 Big Interview 9.30 PL Stories	10.00 PL Icons	
403 FOOTBALL	7.00 EFL Highlights	8.00 Scottish... 8.30 Bundesliga...	9.00 Bundesliga Highlights Show	10.00 Scottish... 10.30 EFL Highlights	
404 CRICKET	7.00 ICC Men's Cricket World Cup '23 - Made In India	8.30 Best of ICC...	9.00 ICC Champions Trophy Cricket		
410 TNT SPORTS 1	5.30 UEFA Europa League Goals Show Xtra				
411 TNT SPORTS 2	6.45 UEFA Europa League &... 7.45 UEFA Conference League - Live: Shamrock Rovers v Molde (Kick-off 8.00)			10.15 Serie A - Full Impact	

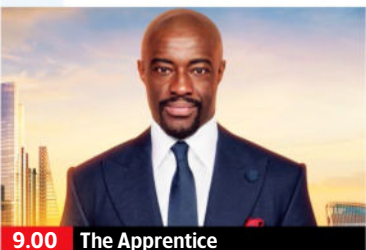
† Denotes programmes starting before 7.00pm † Regions vary



BBC1

101 101 1 101 101

- 6.00** AM Breakfast (S)
9.30 Morning Live **New edition** (S)
10.45 Critical Incident (S)(R)
11.15 Homes Under the Hammer **New edition** From Kent. (S)
12.15 PM Bargain Hunt (S)(R)(AD)
1.00 BBC News (S)
1.35 Local News (S)
1.45 BBC News (S)
2.00 The Big Idea Works **New edition**
2.30 Rick Stein's Food Stories (S)(R)
3.00 Escape to the Country (S)(R)
3.45 Antiques Road Trip **New edition** Items include a cider flagon. (S)
4.30 The Repair Shop on the Road **New edition** The team restore Victorian stage machinery. (S)(AD)
5.15 Pointless **New edition** Quiz. (S)
6.00 BBC News (S)
6.30 Local News (S)
6.55 Party Political Broadcast (S)



9.00 The Apprentice

- 7.00** The One Show
 Alex Jones and Roman Kemp present the topical show. (S)
7.30 **LIVE** EastEnders
 In a special live episode, the residents of Walford fight to save their neighbours and friends' lives inside the Vic. (S)

- 8.00** Dragons' Den **New edition** 7/14. Two brothers hope their range of sauces won't rub the Dragons up the wrong way, a graduate showcases her automatic cooling device, and a Welshman pitches his innovative bike storage. (S)(AD)

- 9.00** The Apprentice **New edition** 4/12. The candidates turn crops to cash, creating a dish for the public, delivering a corporate order and selling to trade. (S)(AD)
 ■ The Apprentice: You're Fired follows on BBC2

- 10.00** BBC News (S)
10.30 Local News (S)
10.40 Question Time
 Fiona Bruce presents the topical debate from Kilburn, north-west London, inviting a panel of politicians and other guests to answer questions from an invited audience on subjects that have made the headlines in the past week. (S)
11.40 Newscast A panel of journalists hosts a weekly round-up from Westminster, delivering the usual mix of serious analysis and light-hearted gossip. (S)
12.10 AM Michael McIntyre's Big Show With Judi Love, Shirley Ballas, Alfie Boe and Michael Ball. (S)(R)
1.10 Weather for the Week Ahead (S)
1.15 to **6.00** AM BBC News (S)

BBC2

102 102 2 102 102

- 6.30** AM Antiques Road Trip (S)(R)
7.15 The Repair Shop on the Road (R)
8.00 Sign Zone: Gardeners' World (R)
9.00 BBC News (S)
1.00 PM Impossible Quiz show. (S)(R)
1.45 Bridge of Lies Game show. (S)(R)
2.30 The Tournament Quiz show. (S)(R)
3.15 Dynasties (S)(R)(AD)
4.15 Secret Britain (S)(R)(AD)
5.15 Flog It! A visit to Capestrhome Hall in Cheshire, where Caroline Hawley uncovers a set of letters from Arthur Conan Doyle. (S)(R)
6.00 Richard Osman's House of Games **New edition** Chris Bisson, Danielle Harold, Katharine Merry and Robert Webb take part. (S)
6.30 Robson Green's Weekend Escapes **New edition** 9/15. BMX world champion Kieran Reilly joins Robson in Northumberland. (S)(AD)



10.00 The Apprentice: You're Fired

- 7.00** Celebrity Antiques Road Trip
 Strictly Come Dancing star Dianne Buswell and broadcaster Owain Wyn Evans scour the antiques shops of Wales with the help of experts Hettie Jago and David Harper (S)(R)

- 8.00** Great British Menu **New edition** The two highest-scoring chefs from north-east England and Yorkshire cook their six-course menus again. The guest judge is Greg Jenner, a historian and an honorary fellow of York University. (S)

- 9.00** Miriam Margolyes: A New Australian Adventure
 1/3. The actor returns to one of her favourite countries and explores Perth, Western Australia, in search of fun and her own identity. (S)(R)(AD)

- 10.00** The Apprentice: You're Fired **New edition** 4/11. Tom Allen meets the latest candidate to be fired by Lord Sugar. (S)

- 10.30** Newsnight (S)

- 11.00** Weather (S)
11.05 Uncanny 3/4. Danny Robins investigates the disturbing Shadow Man case. (S)(R)(AD)
12.05 AM Uncanny: Post Mortem Danny takes a deeper dive into the Shadow Man case. (S)(R)(AD)
12.35 Sign Zone: Great British Menu The remaining chefs from Scotland prepare mains and desserts. (S)(R)
1.35 Sign Zone: Robson Green's Weekend Escapes (S)(R)(AD)
2.05 to **6.30** AM Previews (S)

ITV1

103 103 803 103 3 103 103 103

- 6.00** AM Good Morning Britain (S)
9.00 Lorraine (S)
10.00 This Morning (S)
12.30 PM Loose Women (S)
1.30 ITV News (S)
1.55 Local News (S)
2.00 Dickinson's Real Deal David Dickinson presents from Bosworth Hall in Market Bosworth, Leicestershire. (S)(R)(AD)
3.00 Tenable Warwick Davis hosts as five family members answer questions about top 10 lists. (S)(R)
4.00 Tipping Point **New edition** Game show hosted by Ben Shephard. (S)
5.00 The Chase **New edition** Quiz show hosted by Bradley Walsh. (S)
6.00 Local News (S)
6.20 Party Political Broadcast By the Green Party. (S)
6.30 ITV News (S)



5.00 The Chase

- 7.30** Emmerdale
 There is confusion, blame and sadness for the village as the hospital deals with the fallout from the limo crash. (S)(AD)

- 8.30** Tonight: Forced Adoption – Britain's Silent Scandal **New edition** Sarah Coker investigates the stories of women who were forced to give up their babies after World War Two. (S)

- 9.00** Beat the Chasers **New edition** Bradley Walsh hosts as five contestants from across the UK take on the Vixen, the Sinnerman, the Governess, the Menace, the Beast and the Dark Destroyer in the hope of winning big money. (S)

- 10.00** ITV News (S)
10.30 Local News (S)
10.45 Long Lost Family
 The story of a woman's quest to find her son, and a man who discovered his late mother had led a complicated life before meeting his father. (S)(R)(AD)

- 11.40** Sorry, I Didn't Know With guests Shazia Mirza, Lucy Porter, Curtis Walker and Tyler West. (S)(R)
12.05 AM Teleshopping
3.00 Emergency Nurses: A&E Stories Nurses Jess, Hayley and Connor treat two bizarre injuries, while Toni treats a teen whose bike stunt ended in a painful disaster. (S)(R)
3.50 Unwind with ITV (S)
5.05 to **6.00** AM Ant & Dec's Limitless Win (S)(SL)(R)

+1 hour 203 303 35 112

CHANNEL 4

104 104/108 804 108 4 104 104/106

- 6.25** AM Cheers 2-4/22. (S2) (S)(R)
7.45 Everybody Loves Raymond (S)(R)
9.10 Frasier 21-24/24. (S7) (S)(R)(AD)
11.10 Ramsay's Kitchen Nightmares USA From California. (S)(R)
12.05 PM News (S)
12.10 Sun, Sea and Selling Houses (R)
2.10 Countdown **New edition** (S)
3.00 A Place in the Sun (S)(R)
4.00 A New Life in the Sun **New edition** An important guest visits Paul and Fiona's villa. (S)
5.00 Four in a Bed **New edition** The fourth visit of the week is to The Lovat Hotel in Perth. (S)
5.30 Come Dine with Me **New edition** Freelance creative Philip hosts the fourth night in Leeds. (S)
6.00 A Place in the Sun **New edition** Sussex couple Nick and Denise seek a holiday home in Corfu. (S)



8.00 The Dog House

- 7.00** News (S)

- 8.00** The Dog House **New edition** A family of three dogs are split up to increase their chances of finding forever homes and vocal cockapoo Darcy may find her hero in 11-year-old Luke.. (S)(AD)

- 9.00** 24 Hours in A&E **New edition** One of the Queen's Medical Centre's own staff members is admitted after being knocked off her mountain bike, while a 57-year-old man is treated after falling from a ladder. (S)(AD)

- 10.00** Super Surgeons: A Chance at Life
 2/4. Consultant head-and-neck surgeon Professor Vin Paleri performs surgery on 53-year-old ex-Navy pilot Rich, who has a 16cm tumour stretching from his jaw to his heart. (S)(R)(AD)

- 11.05** 999: On the Front Line Police flag the paramedics down to help with an overdose victim. (S)(R)
12.05 AM Celebrity Hunted (S)(R)(AD)
1.00 Ramsay's Hotel Hell (S)(R)(AD)
1.50 Big Boys (S3) (S)(SL)(R)(AD)
2.50 Go Back to Where You Came From 3/4. (S)(SL)(R)(AD)
3.45 Jamie's Comfort Food (S)(R)
4.00 Location, Location, Location (R)
4.55 Frasier 1&2/24. (S4) (S)(R)(AD)
5.45 to **6.25** AM Countdown (S)(R)

+1 hour 204/208 304 15 121

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
9.15 Jeremy Vine (S)
11.30 Storm Huntley (S)
12.45 PM GPs: Behind Closed Doors
 Medical documentary. (S)(R)
1.40 News (S)
1.45 Home and Away (S)(R)(AD)
2.15 FILM PREMIERE A Family Nightmare: Secrets on Maple Street Thriller starring Karis Cameron and Dan Payne. (S) (2024, U, 105min) ★★
4.00 Bargain-Loving Brits in the Sun Colin sets out to raise the necessary cash to re-home two new donkeys. (S)(R)(AD)
5.00 News (S)
6.00 Our Great Yorkshire Life Vet Peter Wright and his wife prepare Sunday lunch. (S)(R)
6.55 News (S)



8.00 Tales from the Riverbank

- 7.00 Fresh vs Frozen: Which Is Better?**
 How Clarence Birdseye's groundbreaking fast-freezing process revolutionised the food industry. (S)(R)
7.55 News (S)

- 8.00 Tales from the Riverbank**
New edition Clare Balding explores the River Dart, which stretches for nearly 50 miles from the south coast of Devon to the untouched, craggy Dartmoor. (S)
9.00 James May's Great Explorers New edition 2/3. James follows Walter Raleigh's rise from rural Devon to London high-society, and learns the techniques of persuasion that allowed Raleigh to talk his way to the top. See feature, page 21. (S)
10.30 The Vanishings
New episode 4/5. David and Brennan try to build a case that Gough is the killer, and Lisa uses her journalistic resources to connect Gough to the kidnappings. (S1) (S)
11.25 The Vanishings Series finale 5/5. Lisa learns the investigation has been halted. (S1) (S)
12.20 AM Expedition: Search for the Nile Documentary. (S)(R)
1.20 PlayOJO Live Casino Show (S)
3.20 Tony Robinson's History of Britain The 1950s. (S)(R)
4.10 Million Pound Motorhomes
4.55 House Busters (S)(SL)(R)
5.20 Wildlife SOS (S)(SL)(R)
5.45 to 5.50 AM
 Entertainment News (S)

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM Sky News Breakfast**
8.00 Border Patrol (S)(R)
9.00 Stargate SG-1 (S2) (S)(R)
11.00 Wildlife ER (S)(R)
12.00 NOON The Flash (S7) (S)(R)
1.00 PM S.W.A.T. (S7) (S)(R)(AD)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 Magnum P.I. (S5) (S)(R)(AD)
5.00 The Simpsons The Many Saints of Springfield: After Ned falls on hard times, Fat Tony makes him an offer he can't refuse. (S)(R)
5.30 The King of Nice: Marge gets a job as a producer on Krusty's new talk show. (S)(R)
6.00 The Office (US) 7/24. Robert California has a proposition for Andy, Darryl and Kevin. (S)(R)
6.30 8/24. Andy attempts to inspire the team with a trip to Gettysburg. (S8) (S)(R)



9.00 A League of Their Own

- 7.00 The Simpsons**
Carl Carlson Rides Again: Carl discovers the origins of a rodeo buckle. (S)(R)
7.30 Bartless: Homer and Marge imagine a world in which Bart isn't their son after a prank causes chaos. (S)(R)

- 8.00 Rob & Romesh vs Anthony Joshua Revisited**
 Rob Beckett and Romesh Ranganathan meet the former world heavyweight champion, watch him in action and chat to fellow boxer Tony Bellew. (S)(R)

- 9.00 A League of Their Own**
New edition 7/8. Former Everton manager Sean Dyche and retired boxer Tony Bellew take to the panel, alongside comedian Alan Carr and the regulars. (S)(R)

- 10.00 FILM Safe**
 Action thriller starring Jason Statham. A suicidal ex-cop strives to save a 10-year-old Chinese maths prodigy from both the Russian Mafia and the Chinese Triads. With Catherine Chan. (S) (2012, 15, 90min) ★★ ★ SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

- 12.00 MT An Idiot Abroad** 2/8. Karl Pilkington arrives in India, where he attends a spring festival in which people throw coloured dye at one another. (S)(R)(AD)
12.55 AM Veep 7&8/10. (S5) (S)(R)
2.15 Road Wars (S)(R)
3.10 NCIS: Los Angeles (S13) (S)(R)
4.05 Magnum P.I. (S5) (S)(R)(AD)
5.00 to 6.00 AM Motorway Patrol

LOCAL VARIATIONS

BBC1

SCOTLAND

Sky 964, Virgin 862, Freesat 964

- 11.15am Bargain Hunt (S)**
 (R)(AD) **12.00noon-1.00pm** First Minister's Questions (S) **7.00-7.30** River City (S)(R)(AD)
12.10am Scotcast (S)(R)
12.40 Michael McIntyre's Big Show (S)(R) 1.40 Weather for the Week Ahead (S) **1.45-6.00am** BBC News (S)

N. IRELAND

Sky 966, Virgin 863, Freesat 966

- 10.40pm The View (S)**
11.20 Question Time (S)
12.20am Newscast (S)
12.50 Michael McIntyre's Big Show (S)(R) 1.50-6.00am BBC News (S)

WALES

Sky 965, Virgin 864, Freesat 965

No variations

BBC2

N. IRELAND

Sky 969, Freesat 969

No variations

WALES

Sky 968, Freesat 968

- 7.00pm** Scrums V: The Warm Up (S) **7.30-8.00pm** Feast of Football (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120

- 6.00am** Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cymru, Dad a Fi (AD) **12.30** Heno **1.00** Ceffylau Cymru **1.30** Y Byd ar Bedwar **2.00** Newyddion a'r Tywydd **2.05** Prynawn Da **3.00** Newyddion a'r Tywydd **3.05** Antur y Gorllewin **4.00** Awr Fawr **5.00** Stwnsh **6.25** Darllediad Gwleidyddol **6.30** Cartrefi Cymru **6.57** Newyddion **7.00** Heno **New edition** **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm **New episode** (AD) **8.55** Newyddion a'r Tywydd **9.00** Jonathan **New edition** **10.00-11.35pm** Y Llais

TV&Satellite
 week
Best for Sky and Virgin

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM Top Gear** Jeremy Clarkson is in Belfast to test the Renaultsport Twingo 133.
7.55 The Catch Up
8.00 Glow Up: Britain's Next Make-Up Star 7/8. The MUAs are tasked with getting celebrities red carpet ready at the Brit Awards.
9.00 FILM Just Mercy
 Fact-based drama starring Michael B Jordan and Jamie Foxx. With the help of a civil rights defence attorney, a death row prisoner appeals his murder conviction. (2019, 15, 131 min) ★★ ★★
11.10 Boarders 5/6. Leah is pushed into a competitive interschool competition.
11.55 6/6. Toby plans to throw the best party the school has ever seen. (S2)
12.45 AM Top Gear As 7.00pm.
1.45 Zen Motoring
2.00 EastEnders Revealed: The Lock-in
2.45 Glow Up: Britain's Next Make-Up Star
3.45 to 4.00 AM What's Your Thing? New edition

MORE4

136/137 831 147 18 124

- 8.55 AM Kirstie's Vintage Gems** Creating plates.
9.15 A Place in the Sun
10.05 A New Life in the Sun
11.05 Find It, Fix It, Flog It
1.05 PM Car S.O.S
2.05 Four in a Bed
4.50 Chateau DIY An old cow shed is converted into a sophisticated business suite.
5.50 Car S.O.S Tim Shaw and Fuzz Townshend restore a 1971 Lamborghini Espada.
6.55 Fuzz and Tim work on a 1972 Ford Escort Mexico.
7.55 Grand Designs Kevin McCloud follows the progress of Ed and Vicky, who want to convert a cowshed in the Somerset countryside into a three-bedroom home.
9.00 Duncan and Liz set out to build an eco home in the Cotswolds, which will not only use very little energy, it will also produce four times the energy it needs.
10.00 Britain's Most Expensive Houses Broker Constance is on a mission to get the listing for singer Laura Comfort's \$12.5million home.
11.05 Guy Martin's Lost WW2 Bomber Guy helps to recover a Lancaster bomber from a Dutch lake.
12.40 AM Emergency Helicopter Medics
1.40 to 3.45 AM Rescue: Extreme Medics

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM The Architecture of the Railways Built**
 Tim Dunn takes a look at Swindon's railway village.
7.45 Nothing Like a Dame
 Acting friends Eileen Atkins, Judi Dench, Joan Plowright and Maggie Smith reminisce.
9.00 Enchanted April: Screen Two Four women rent a castle in Italy to get away from 1920s London. Stars Miranda Richardson.
10.40 Omnibus: Cuckoo - A Celebration of Stan Laurel and Oliver Hardy
 A look at the early film comedy team of Stan Laurel and Oliver Hardy.
11.45 FILM Stan & Ollie Biopic of Laurel and Hardy, starring Steve Coogan and John C Reilly, focusing on the events of 1953 when the much-loved duo toured Britain. (2018, PG, 98min) ★★ ★★
1.20 AM The Fifty Years War: Israel and the Arabs
3.00 to 4.00 AM
Secrets of Size: Atoms to Supergalaxies

E4

135/136 830 106 13 122

- 6.00 AM Modern Family**
6.55 Rude(ish) Tube Shorts
7.00 Ramsay's Kitchen Nightmares USA
8.00 Brooklyn Nine-Nine
9.00 Young Sheldon
10.00 The Big Bang Theory
11.00 Modern Family
12.30 PM The Big Bang Theory
2.00 Young Sheldon
3.00 Modern Family
4.00 The Simpsons
5.00 The Big Bang Theory
6.30 The Simpsons Double bill.
7.30 Modern Family 7/24. Manny takes up fencing with the family's support. (S1)
8.00 The Simpsons Helter Shelter: The Simpsons take part in a reality TV show.
8.30 The Great Louse Detective: Homer becomes the target of a murderer.
9.00 Celebrity Gogglebox
 Famous faces appraise *Stranger Things*, *How to Build a Sex Room* and *Love Island*.
10.00 Gogglebox Opinions on *Million Pound Cube* and *Strictly Come Dancing*.
11.05 First Dates
12.10 AM Rick and Morty
12.40 Common Side Effects
New episode Animation.
1.10 Naked Attraction
2.15 Gogglebox
3.10 First Dates
4.05 Abbott Elementary
4.30 Brooklyn Nine-Nine
5.20 to 6.00 AM The Goldbergs

Thursday

primetime

primetime

THURSDAY Entertainment

Thursday

Sky Witness

107 807 110 341 356

- 6.00 AM Stop, Search, Seize
- 7.00 Motorway Patrol
- 8.00 Border Patrol
- 9.00 Send in the Dogs
- 10.00 Border Security: America's Front Line Double bill.
- 11.00 The Good Doctor 11/18. (S1)
- 12.00 NOON FBI 13/13. (S6)
- 1.00 PM FBI: International (S3)
- 2.00 FBI: Most Wanted 13/13. The Task Force search for the culprit threatening New York with a bomb. (S5)
- 3.00 Stop, Search, Seize
- 4.00 Nothing to Declare



10.00 The Good Doctor

Sky Atlantic

108/109 808 342 357

- 6.00 AM Richard E Grant's Hotel Secrets Double bill.
- 8.05 True Blood (S1&2)
- 10.15 Billions 7&8/12. (S6)
- 12.25 PM Game of Thrones (S4)
- 1.30 Big Love 5&6/10. (S3)
- 3.35 True Blood 12/12. The serial killer's identity is revealed. (S1)
- 4.40 1/12. A murder outside Merlotte's sends shockwaves through the town. (S2)
- 5.45 Billions 7/12. Mase Carb develops a new algorithm.
- 6.50 8/12. Wendy prepares for the future. (S6)

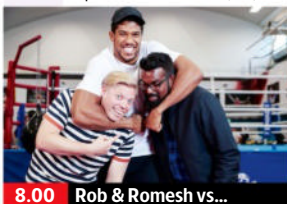


7.55 Game of Thrones

Sky Max

113/114 813 111 346 351

- 6.00 AM S.W.A.T. 2&3/13. (S7)
- 8.00 The Flash 11/18. (S7)
- 9.00 Stargate SG-1 5&6/22. (S2)
- 11.00 Supergirl 2/20. (S1)
- 12.00 NOON The Flash 12/18. (S7)
- 1.00 PM S.W.A.T. 4&5/13. (S7)
- 3.00 NCIS: Los Angeles (S13)
- 4.00 Magnum P.I. 5/20. (S5)
- 5.00 Supergirl 1/20. Pilot episode of the fantasy adventure. (S1)
- 6.00 Stargate SG-1 5/22. Jackson falls under the spell of an alien princess who uses the power of a Goa'uld sarcophagus to capture his attention. (S2)

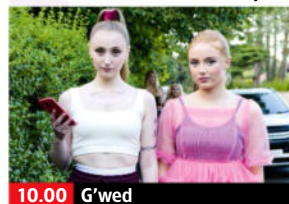


8.00 Rob & Romesh vs...

ITV2

118 816 115 6 113

- 6.00 AM CITV
- 9.00 World's Funniest Videos
- 10.00 Secret Crush Double bill.
- 12.00 NOON Dinner Date
- 1.00 PM Deal or No Deal
- 2.00 Supermarket Sweep
- 3.00 Charmed 19/22. Paige befriends a Whitelighter. (S7)
- 4.00 Gilmore Girls 18/22. Jason's father sues Richard and Lorelai for taking clients. (S4)
- 5.00 Dinner Date
- 6.00 Celebrity Catchphrase With Charlotte Church, Melvin Odom and Katherine Ryan.



10.00 G'wed

ITV3

119 117 10 115

- 6.00 AM Classic Emmerdale
- 7.00 Classic Coronation Street
- 8.10 Inspector Morse
- 10.35 The Royal Dr Who?
- 11.40 Heartbeat Double bill.
- 1.40 PM Classic Emmerdale
- 2.40 Classic Coronation Street
- 3.40 Inspector Morse Fat Chance: The murder of a deaconess makes Morse wonder whether Oxford's conservative clerics could be hiding a secret.
- 5.55 Heartbeat Growing Apart: A tractor thief strikes at farms across the Aidsfield area.



3.40 Inspector Morse

7 PM

- 7.00 Nothing to Declare Officers make a bust at Sydney Airport.
- 7.30 A traveller tells officers a remarkable tale.

8 PM

- 8.00 FBI: Most Wanted Caesar: 4/14. Barnes goes on a risky undercover mission involving a power-hungry gang leader. (S1)

9 PM

- 9.00 FBI: International Copper Pots and Daggers: 4/22. The team organise the release of a former US Marine in Istanbul. (S2)

10 PM

- 10.00 The Good Doctor Disaster: 1/20. Dr Park and Dr Morgan compete to take the lead in an elderly patient's operation. (S3)
- 11.00 The Rookie 11/14. (S3)
- 12.00 MT Law & Order: Organized Crime 8/22. (S2)
- 1.00 AM FBI: Most Wanted (S1)
- 2.00 The Good Doctor 13/18. (S1)
- 3.00 Coroner 8/12. (S4)
- 4.00 Highway Patrol
- 5.00 to 6.00 AM Road Wars

+1 hour 207 310

- 7.55 Game of Thrones Oathkeeper: 4/10. Jaime finally visits Tyrion in jail after some persuasion from Bronn, and Jon asks for volunteers to go to Craster's Keep. (S4)

- 9.00 The Gilded Age In Terms of Winning and Losing: 8/8. Peggy questions her future at the New York Globe. (S2)

- 10.05 Homicide: Life on the Street Three Men and Adena: 5/9. Bayliss and Pemberton race against the clock. (S1)

- 11.05 Watchmen 1/9. Alternative history drama series, based on the seminal graphic novel by Alan Moore. (S1)
- 12.20 AM The Nevers 1/6. (S1)
- 1.35 Mare of Easttown 1/7. (S1)
- 2.40 Game of Thrones As 7.55pm.
- 3.45 to 6.00 AM Fish Town

+1 hour 208/209

- 7.00 Stargate SG-1 Thor's Chariot: 6/22. The Goa'uld plan to invade a planet previously defended by Thor's hammer. (S2)

- 8.00 Rob & Romesh vs Anthony Joshua Revisited The duo meet the former world heavyweight champion.

- 9.00 A League of Their Own New edition With football manager Sean Dyche, ex-boxer Tony Bellew and comedian Alan Carr.

- 10.00 Poker Face Dead Man's Hand: 1/10. A waitress with a knack for identifying lies looks into the death of her friend. (S1)

- 11.15 The Force: Manchester Double bill following the work of Greater Manchester Police.
- 1.05 AM Road Wars A suspected car thief causes problems.
- 2.05 A man runs amok with an axe in Leamington Spa.
- 3.00 NCIS: Los Angeles 7/22. (S13)
- 4.00 Magnum P.I. 5/20. (S5)
- 5.00 to 6.00 AM Highway Patrol

- 7.00 Deal or No Deal Stephen Mulhern presents the game show as Mike gets his opportunity to take on the infamous Banker.

- 8.00 Gordon Ramsay's Food Stars USA The top four contestants are tasked with integrating dishes with circus performances.

- 9.00 Family Guy 8/30. Peter sells Meg to pay a debt. 9.30 9/30. Lois is sent to prison, plunging the family into disarray. (S4)

- 10.00 G'wed New episode 3/5. The countdown to a legendary party is on. (S2)

- 10.35 Family Guy 10/30. Lois becomes a model. (S4)
- 11.05 Family Guy 2/30. Chris has a crush on his teacher. With the voice of Drew Barrymore. (S4)
- 11.35 American Dad! (S1)
- 12.30 AM Bob's Burgers (S11)
- 1.35 Deep Fake Neighbour Wars: Best Bust Ups Compilation.
- 2.05 to 3.00 AM Unwind with ITV

+1 hour 218 315 29 114

- 6.55 Heartbeat A Many Splendoured Thing: There's much excitement as Lord Ashfordly presents his wife to the villagers.

- 8.00 Vera The Deer Hunters: When a suspected poacher is found dead from a single gunshot wound, Vera must unearth the truth behind his return to the Northumberland moors after a 15-year absence.

- 10.00 Endeavour Canticle: The detective investigates the death of a bricklayer working on the house of a controversial singer, while more deaths seem to have a connection to a censorship campaign.

- 12.00 MT Trial & Retribution 1/2. The discovery of a woman's severed hand pits DCI Roisin Connor against a rival. (S7)

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- 12.00 NOON This Is BBC Scotland
- 7.00 PM Reporting Scotland
- 7.30 The Entertainment Mix New edition Presented by Michelle McManus.
- 8.00 Highland Cops Officers search for the gangs fuelling Inverness's drug epidemic.
- 9.00 Mrs Brown's Boys 1/6. The family await the fruits of their fraud. (S2)
- 9.30 Two Doors Down 1/6. Christine receives a PPI refund windfall. (S2)
- 10.00 NEW SERIES The Chief 1/4. Comedy spin-off from Scot Squad, starring Jack Docherty. (S1)
- 10.30 Limmy's Homemade Show 3/3. Limmy has an idea that Scotland can give to the world.
- 11.00 Scotcast New edition
- 11.30 PM to 12.00 MT Scot Squad 5/5. Squire and McGill are on a lengthy stakeout. (S7)

Sky Comedy

114/115 814 112 347 362

- 8.00 AM Bored to Death
- 9.15 The Conners (S4)
- 10.05 Hung 3&4/10. (S2)
- 11.20 Eastbound & Down
- 12.30 PM Curb Your Enthusiasm (S1)
- 1.50 Hung 3&4/10. (S2)
- 3.05 Eastbound & Down
- 4.30 Bored to Death (S1)
- 5.40 The Office (US) (S8)
- 6.40 The Conners (S4)
- 7.40 Curb Your Enthusiasm 2/10. Larry and Cheryl's double date ends badly.
- 8.20 3/10. Larry attends a dinner party. (S1)
- 9.00 SNL50: Beyond Saturday Night
- 11.20 Flight of the Conchords 3/10. Murray is bullied.
- 11.55 4/10. Bret and Jemaine insult Murray's best friend. (S2)
- 12.30 AM Veep 7&8/10. (S5)
- 1.50 Pete Holmes: Dirty Clean Stand-up comedy.
- 2.55 Eastbound & Down
- 4.00 to 5.00 AM Flatbush Misdemeanors

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM Darbar Festival
- 8.00 Watercolour Challenge
- 9.00 Tales of the Unexpected
- 10.00 Hitchcock Presents
- 11.00 Discovering
- 12.00 NOON Portrait Artist of the Year 2020
- 1.00 PM Tales of the...
- 2.00 Cirque du Soleil: Zaia
- 3.00 Discovering
- 4.00 Guy Garvey: From the Vaults From 1981.
- 5.00 Landscape Artist 2021
- 6.00 Tales of the Unexpected
- 7.00 Landscape Artist of the Year From Llanberis Slate Quarry.
- 8.00 Classic Movies: The Story of The Ladykillers
- 9.00 FILM The Ladykillers Ealing comedy. (1955, U, 97min) ★★★★★
- 10.45 The Directors
- 11.45 Luther: Never Too Much
- 1.50 AM A Play in a Day
- 4.45 Auction
- 5.10 Auction: Jackie Kennedy Special
- 5.35 to 6.00 AM Auction

Sky Mix

151 135 11 141

- 7.00 AM Nothing to Declare
- 9.00 Bondi Rescue
- 10.00 The Force: Manchester
- 11.00 Highway Patrol
- 12.00 NOON Motorway Patrol
- 1.00 PM Border Patrol
- 2.00 Monkey Life
- 3.00 Nothing to Declare
- 4.00 Star Trek: The Next Generation 8/26. (S7)
- 5.00 Stargate SG-1 (S1)
- 6.00 Stargate Atlantis (S2)
- 7.00 Star Trek: Voyager
- 8.00 Hawaii Five-0 (S8)
- 9.00 Ireland's Most Evil Killers The story of Catherine Nevin.
- 10.00 How I Caught the Killer A serial killer known as the Camden Ripper.
- 11.00 How I Caught the Killer
- 12.00 MT Snapped
- 1.00 AM Nothing to Declare
- 2.00 Brit Cops: War on Crime Documentary.
- 3.00 Highway Patrol
- 4.00 Border Patrol
- 5.00 to 6.00 AM Highway Cops

ITV Be

131/132 119 28 119

- 7.30 AM Unwind
- 7.40 Backyard Builds New edition DIY series.
- 8.10 Olivia Meets Her Match
- 9.10 Jimmy's Taste of Florida
- 10.10 Making It Home
- 11.10 The Real Housewives of Beverly Hills
- 12.05 PM Olivia Meets Her Match Reality series.
- 1.05 The Only Way Is Essex
- 2.05 Dinner Date
- 3.10 Scott's Vacation House Rules New edition
- 4.05 The Real Housewives of Beverly Hills
- 5.00 The Real Housewives of Atlanta Reality series.
- 6.00 Making It Home
- 7.00 Jimmy's Taste of Florida
- 8.00 Dinner Date
- 9.00 Million Pound Pawn
- 10.00 Botched by Nature
- 11.00 The Real Housewives of Miami Reality series.
- 11.55 The Only Way Is Essex
- 12.55 AM Backyard Builds
- 1.20 to 1.30 AM Unwind

+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM Diagnosis Murder
- 10.00 Father Dowling Mysteries 8/22. (S3)
- 11.00 Sue Thomas: F.B. Eye
- 12.00 NOON Hart to Hart
- 2.00 PM Father Dowling Mysteries 13/22. (S3)
- 3.00 Diagnosis Murder
- 5.00 Murder, She Wrote
- 7.00 M*A*S*H 1-4/24. (S1)
- 9.00 Randall and Hopkirk (Deceased) Money to Burn: 20/26. Jeff finds himself accused of stealing a fortune in used currency. (S1)
- 10.00 The Avengers The Correct Way to Kill: 9/24. Steed joins forces with a Russian spy. (S5)
- 11.00 The Persuaders! (S1)
- 12.00 MT M*A*S*H (S1)
- 2.00 AM Randall and Hopkirk (Deceased)
- 3.00 The Persuaders! (S1)
- 4.00 Highway to Heaven
- 4.50 to 5.00 AM GREAT! Movie News Extra

+1 hour 257

ITV4

120 118 26 117

- 6.00 AM Minder
- 7.05 The Professionals
- 8.10 Memoirs of Sherlock Holmes
- 9.20 Magnum, PI
- 10.20 Kojak
- 11.25 BattleBots
- 12.30 PM Robin of Sherwood
- 1.35 Magnum, PI
- 2.40 Kojak
- 3.40 Minder
- 4.50 BattleBots **New edition** The Sin City Slugfests continue as eight bots go head to head.
- 5.55 Beat the Chasers



9.00 Robin Hood

7.00 **The Motorbike Show** Henry Cole rides the roads of North Devon and begins the restoration of a 1980s Moto Martin.

8.00 **Junk and Disorderly** Henry, Allen and Guy take possession of the Buick Roadmaster they worked so hard to own.

9.00 **FILM Robin Hood** Ridley Scott's epic adventure starring Russell Crowe and Cate Blanchett. A humble archer takes on the identity of a dead knight while returning from the Crusades and goes to the aid of the dead man's widow. (2010, 12, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Auf Wiedersehen, Pet** 9/13. A trouble-maker causes issues.

12.50 AM 10/13. Oz comes up with an unlikely get-rich-quick scheme. (S1)

1.50 **Two and a Half Men** (S1)

2.40 to 3.00 AM Unwind with ITV

+1 hour 220 318 118

4seven

137/138 143 49 127

- 9.00 AM Four in a Bed
- 9.30 Sun, Sea and Selling Houses Double bill.
- 11.30 A Place in the Sun
- 2.30 PM Come Dine with Me
- 5.00 A Place in the Sun
- 6.00 Location, Location, Location Kirstie Allsopp heads to Devon to meet single mother Michelle.
- 7.00 Kirstie and Phil's Love It or List It Steven and Adeola in Stevenage need help deciding whether to sell or renovate their home.
- 8.00 Our Welsh Chapel Dream Keith and Marj submit their application to transform a chapel.
- 9.00 **FILM The Contractor** Drama with Chris Pine. (2022, 15, 103min) ★★★
- 11.05 Gogglebox Double bill.
- 1.10 AM First Dates
- 2.15 999: On the Front Line
- 3.20 24 Hours in A&E
- 4.15 to 4.45 AM Food Unwrapped's Deep South Adventure

+1 hr 241/269 320/362 130

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
- 8.00 Teleshopping
- 11.00 Star Trek: The Next Generation 25/26. (S3)
- 12.00 NOON Star Trek: Voyager
- 1.00 PM Star Trek: Deep Space Nine 14/26. (S6)
- 2.00 Warehouse 13 8/13. (S3)
- 3.00 Stargate SG-1 7/20. (S9)
- 4.00 Star Trek: Voyager (S2)
- 5.00 Star Trek: Deep Space Nine
- 6.00 Star Trek: The Next Generation 25/26. A severely injured humanoid develops strange powers. (S3)



11.00 Parallel

7.00 **Warehouse 13** The 40th Floor: 8/13. When items from the warehouse go missing, an FBI agent is the main suspect. (S3)

8.00 **Stargate SG-1** Ex Deus Machina: 7/20. The crew hear about a System Lord living on Earth who has hidden a bomb. (S9)

9.00 **Grimm** Season of the Hexenbiest: 12/22. Adalind blackmails Renard into helping her avenge her mother's death. (S2)

10.00 **The Walking Dead** This Sorrowful Life: 15/16. Rick and the group contemplate a truce with the Governor. (S3)

11.00 **FILM Parallel** Sci-fi mystery starring Aml Ameen. A group of friends find a mirror that serves as a portal, but discover that importing knowledge from the other side isn't always for the best. (2018, 15, 104min) ★★

1.00 AM True Blood 11 & 12/12. (S1)

3.00 Chucky 5/8. (S1)

4.00 to 6.00 AM Most Haunted

+1 hour 209/210 314

5STAR

128/129 126 32 131

- 8.00 AM 22 Kids & Counting
- 9.00 Bargain-Loving Brits in the Sun Documentary.
- 10.00 Nightmare Tenants, Slum Landlords
- 11.00 Traffic Cops Triple bill.
- 2.00 PM Police Interceptors
- 5.00 Rogue Claimers **New edition** A man sees his claim crash and burn.
- 6.00 Home and Away
- 7.00 GPs: Behind Closed Doors Medical series.
- 8.00 Casualty 24/7: Every Second Counts
- 9.00 A&E After Dark The victim of a violent attack.
- 10.00 Ambulance: Code Red
- 11.00 Skin A&E
- 12.00 M'T 999: Emergency Call Out Documentary.
- 1.00 AM GPs: Behind Closed Doors Medical series.
- 2.00 Casualty 24/7: Every Second Counts
- 2.50 Police Interceptors
- 3.35 to 4.00 AM Home and Away

+1 hour 228/229 326 140

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

U&Alibi

109/110 809 114 343 358

- 7.10 AM Murdoch Mysteries (S10)
- 9.00 Father Brown
- 10.00 The Doctor Blake Mysteries
- 11.00 Hudson & Rex 3/16. (S4)
- 12.00 NOON The Mentalist (S4)
- 1.00 PM Death in Paradise (S5)
- 2.00 Murdoch Mysteries (S10)
- 4.00 The Doctor Blake Mysteries 10/10. A female doctor is found hanged. (S1)
- 5.00 Hudson & Rex 3/16. Charlie and Rex dig deep into the competitive world of treasure-hunters to unearth a killer. (S4)
- 6.00 Father Brown As 10.00pm.



9.00 Murdoch Mysteries

7.00 **The Mentalist** The Crimson Hat: 24/24. Jane's latest efforts to catch Red John fail. (S4)

8.00 **White Collar** Ancient History: 8/16. Peter looks into a series of museum heists, and Neal receives a mysterious package. (S4)

9.00 **Murdoch Mysteries** **New episode** What the Dickens?: 3/22. Crabtree and Effie mark the birth of Charles Dickens. (S18)

10.00 **Death in Paradise** Flames of Love: 8/8. A student backpacker is found dead with a gun in her hand. (S5)

11.00 The Mentalist As 7.00pm.

12.00 M'T White Collar As 8.00pm.

1.00 AM CSI: Vegas 8/10. (S3)

1.55 So Help Me Todd 19/21. Margaret represents Susan's friend in a hostile lawsuit. (S1)

2.55 to 4.00 AM Murdoch Mysteries

+1 hour 209/210 314

5Action

150 130 33 132

- 9.00 AM Entertainment News
- 9.10 Car Pound Cops
- 9.40 Traffic Cops
- 10.40 Police Interceptors
- 11.45 **FILM** Six Black Horses Western starring Audie Murphy and Dan Duryea. (1961, PG, 80min) ★★
- 1.30 PM **FILM** Hellfighters Adventure starring John Wayne. (1969, PG, 120min) ★★
- 4.00 Outback Truckers
- 5.00 Traffic Cops
- 6.00 Police Interceptors
- 9.00 Trucking Heavy At Glasson Docks, a ship has arrived at high tide.
- 10.00 Outback Truckers Yogi's reputation hangs in the balance.
- 11.00 Coastguard: Search & Rescue SOS
- 12.00 M'T Deadliest Weather: Caught on Camera
- 1.00 AM Police Interceptors
- 2.00 Trucking Hell
- 3.50 to 4.00 AM Entertainment News

+1 hour 232/233 325

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

U&Gold

110/111 810 124 344 359

- 7.30 AM Highlights
- 9.20 The Green Green Grass
- 10.00 Are You Being Served?
- 10.40 The Vicar of Dibley
- 11.20 Last of the Summer Wine
- 12.40 PM The Green Green Grass
- 1.20 The Good Life
- 2.00 Dad's Army
- 2.40 The Vicar of Dibley
- 3.20 Are You Being Served?
- 4.00 Last of the Summer Wine
- 5.20 The Green Green Grass
- 6.00 Are You Being Served?
- 6.40 Dad's Army



8.00 The Good Life

7.20 **Dad's Army** Mainwaring takes drastic measures to help Corporal Jones with his cash-flow crisis.

8.00 **The Good Life** Tom leaps to the conclusion that Margo is having an affair.

8.40 **The Vicar of Dibley** Geraldine conducts a radical Sunday service. 9.20 The villagers set up a radio station, and Frank makes a startling admission on his show.

10.00 **The Cleaner** Wicky is bothered by a shaman at a stately home with his own mystical agenda.

10.40 **The Good Life** As 8pm.

11.20 The Vicar of Dibley

12.40 AM The Cleaner

1.20 Toast of London Steven auditions for a job on a university quiz show.

1.55 The Black Adder Edmund meets an eligible princess.

2.45 to 4.00 AM The Outlaws

+1 hour 210/211 324

U&W

132/133 827 125 25 156

- 6.10 AM Inside the Ambulance
- 7.00 My Dream Home
- 8.00 Tipping Point
- 11.00 DIY SOS: The Big Build
- 12.00 NOON DIY SOS: Celebrating 20 Years
- 1.00 PM Tipping Point
- 4.00 My Dream Home
- 6.00 DIY SOS: Celebrating 20 Years A look back.
- 7.00 MasterChef USA **New edition** Home cooks from Gen X fight to make it through.
- 8.00 Pete Wicks: For Dogs' Sake Documentary.
- 9.00 At Home with Katherine Ryan
- 10.00 The Mormons Are Coming Documentary.
- 11.20 Louis Theroux: The City Addicted to Crystal Meth
- 12.20 AM Emma Willis: Delivering Babies
- 1.25 to 3.00 AM Gangsta Granny

+1 hour 232/233 325

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

U&Dave

111/112 811 127 19 157

- 7.10 AM Hairy Bikers Everyday Gourmets Luxury lunches.
- 8.00 Cops on the Rock
- 10.00 Robson's Extreme Fishing Challenge Double bill.
- 12.00 NOON American Pickers
- 2.00 PM Speed with Guy Martin
- 3.00 Top Gear Double bill.
- 5.00 **Hairy Bikers' Best of British** The duo prepare dishes using rabbit, grouse and venison.
- 6.00 **Rick Stein's Far Eastern Odyssey** Rick explores the Far East's most diverse food cultures, starting in Cambodia



2.00 Speed with Guy Martin

7.00 **Would I Lie to You?** With Warwick Davis, Joan Bakewell, Jason Manford and Paul Hollywood.

7.40 **Richard Osman's House of Games** With Dennis Taylor and Geoff Norcott. 8.20 Roger Black, Jo Brand, Sanjeev Kohli and Tiff Stevenson take part.

9.00 **QI XL** Jason Manford, Jimmy Carr and Victoria Coren Mitchell join regular panellist Alan Davies and host Sandi Toksvig.

10.00 **Have I Got a Bit More 2023 for You** A compilation of the satirical quiz show looking back on 2023.

11.00 **Taskmaster** The contestants must hand an item of clothing to a passing cyclist and whisper to an old man called Hugh.

12.00 M'T Mock the Week

12.40 AM Would I Lie to You?

2.00 to 4.00 AM Richard Ayoade's Question Team

+1 hour 211/212 327 74

U&Drama

143 116 20 158

- 7.10 AM All Creatures Great and Small
- 8.00 Doctors
- 9.15 Classic Holby City
- 10.35 Classic Casualty
- 11.40 The Bill
- 12.40 PM Classic EastEnders
- 2.00 Eldorado
- 3.20 Bergerac
- 4.20 All Creatures Great and Small
- 5.25 The Upper Hand
- 6.00 As Time Goes By
- 6.40 Last of the Summer Wine Double bill.
- 8.00 **FILM** Hands of a Murderer Sherlock Holmes thriller starring Edward Woodward and John Hillerman. (1990, PG, 90min) ★★★
- 10.00 **New Tricks** The Fourth Man: The future of the team is threatened.
- 11.20 Bergerac
- 12.20 AM Lovejoy
- 2.40 to 4.00 AM Classic Holby City

+1 hour 243 316 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

THURSDAY Entertainment

Really

142 128 17 145

- 6.00 AM Fantasy Homes by the Sea From Abruzzo.
7.00 Teleshopping
8.00 Salvage Hunters
11.00 A Place in the Sun
1.00 PM Money for Nothing
3.00 Antiques Road Trip
5.00 The Yorkshire Auction House Double bill.
7.00 Antiques Road Trip
9.00 Destinations of the Damned with Zak Bagans **New editions**
The team explore an abandoned sanatorium in Indiana and a notorious Romanian prison.
10.00 Zak Bagans sends his team to the jungles of Colombia, where they investigate whether a murdered priest's last words doomed an abandoned town.
11.00 Help! My House Is Haunted Triple bill.
2.00 AM Teleshopping
4.00 to 6.00 AM Salvage Hunters

DMAX

159 169 39 147

- 6.00 AM Alaska: The Last Frontier Double bill.
8.00 Outback Opal Hunters
9.00 Deadliest Catch
11.00 Alaska: Homestead Rescue Documentary.
1.00 PM Aussie Gold Hunters
3.00 Gem Hunters Down Under Double bill.
5.00 Alaskan Bush People
7.00 Deadliest Catch
Josh and Casey race to deliver live crab after their pump fails.
8.00 Deadliest Catch: Inside the Catch
A closer look at the feuds and short fuses that make up the best *Deadliest Catch* conflicts.
9.00 Monsters Inside Me
11.00 Aussie Gold Hunters
12.00 M'T Naked and Afraid XL Documentary.
2.00 AM Teleshopping
5.00 to 6.00 AM Building Alaska

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM Building Alaska
8.00 A Place in the Sun
10.00 Escape to the Country
12.00 NOON My Lottery Dream Home
2.00 PM A Place in the Sun
3.00 Escape to the Country
5.00 A Place in the Sun
8.00 Escape to the Country
9.00 Christina in the Country **New edition**
A couple look to Christina Haack to help make their home function for just the two of them.
10.00 **NEW SERIES** The Flip Off
The flipping experts and their spouses have one week to find a flip.
12.00 M'T Good Bones
Transforming a small two-bedroom home into a beach bungalow.
1.00 AM Building Alaska
2.00 Home Town
3.00 to 4.00 AM My Lottery Dream Home

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM The Chase
10.00 The Crystal Maze
11.00 Cash in the Attic
12.00 NOON Tenable
1.00 PM Family Fortunes
3.00 Catchphrase Double bill of the game show.
4.00 Blockbusters Double bill of the quiz show.
5.00 The Crystal Maze
Game show hosted by Richard O'Brien.
6.00 Cash Trapped Quiz
hosted by Bradley Walsh.
7.00 Tenable Warwick Davis
hosts as a team of five from Holyhead take part.
8.00 The Chase Double bill of the quiz show hosted by Bradley Walsh.
10.00 Tenable As 7.00pm.
11.00 Bullseye Double bill of the darts-based quiz.
12.00 M'T Weakest Link
Anne Robinson hosts the quiz.
1.00 AM The Crystal Maze
2.00 The Chase Double bill.
4.00 Tenable As 7.00pm.
5.00 to 6.00 AM Bullseye

Food Network

140/141 190 43 148

- 6.00 AM Last Bite Hotel **New edition**
7.00 The Pioneer Woman
9.00 Be My Guest with Ina...
10.00 Barefoot Contessa
11.00 Great British Bake Off
1.00 PM Rick Stein's Fruits of the Sea Double bill.
2.00 James Martin's French Adventure
3.00 The Pioneer Woman
5.00 Be My Guest with Ina Garten **New editions**
6.00 Barefoot Contessa
7.00 Great British Bake Off
9.00 Rick Stein's Fruits of the Sea Double bill.
10.00 James Martin's French Adventure
11.00 Diners, Drive-Ins and Dives **New editions**
12.00 M'T Diners, Drive-Ins and Dives Double bill.
1.00 AM Man v Food with Casey Webb
2.00 to 3.00 AM Guy's Grocery Games

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM Extreme Cheapskates
8.00 Flip or Flop
9.00 Say Yes to the Dress: Atlanta Four editions.
11.00 My 600lb Life
12.00 NOON Dr Pimple Popper Medical series.
1.00 PM sMothered
2.00 Return to Amish: The Schmuckers' Story
3.00 Outdaughters: Busby Quints Double bill.
5.00 My 600lb Life
6.00 Dr Pimple Popper
7.00 Say Yes to the Dress
8.00 I Didn't Know I Was Pregnant Double bill.
9.00 My 600lb Life
11.00 Sex Sent Me to the ER
12.00 M'T Body Bizarre
1.00 AM Extreme Cheapskates
2.00 My 600lb Life
4.00 I Didn't Know I Was...
5.00 to 6.00 AM Extreme Cheapskates

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.10 AM Wanted: Dead or Alive Western drama.
8.50 **FILM** Enigma Thriller: (1983, 15, 100min) ★
11.00 The High Chaparral
12.00 NOON Wanted: Dead or Alive Double bill.
1.00 PM **FILM** Decision at Sundown Western: (1957, PG, 77min) ★★
2.50 **FILM** McLintock! Comedy Western: (1963, U, 127min) ★★
5.30 Wanted: Dead or Alive
7.00 The High Chaparral
8.00 The Avengers
9.00 **FILM** Shadow Man Espionage thriller starring Steven Seagal. (2006, 15, 92min) ★
11.00 **FILM** Night Hunter Thriller with Henry Cavill. (2018, 15, 88min) ★★
1.10 AM **FILM** 10,000 Days Sci-fi action drama. (2014, 12, 87min) ★
3.10 to 5.00 AM Wild West Chronicles

+1 hour 324

Legend

148 149 41 137

- 8.00 AM Walker, Texas Ranger 3/26. (S3)
9.00 Six Million Dollar Man
10.00 T.J. Hooker 22/22. (S3)
11.00 **FILM** The Mummy's Tomb Horror sequel. (1942, PG, 61min) ★★
12.15 PM **FILM** Reap the Wild Wind Period drama. (1942, PG, 124min) ★★
2.40 **FILM** The Conqueror Historical drama. (1955, PG, 107min) ★
5.00 Star Trek 27/30. (S1)
6.00 T.J. Hooker 1/23. (S4)
7.00 Six Million Dollar Man
8.00 Walker, Texas Ranger
9.00 **FILM** Rogues Horror. (2020, 15, 105min) ★★
11.10 **FILM** Ghosts of War Horror with Kyle Gallner. (2020, 18, 94min) ★★
1.05 AM **FILM** The Loft Mystery thriller. (2013, 15, 98min) ★★
3.05 to 4.50 AM **FILM** Curse of the Crimson Altar Witchcraft horror thriller. (1968, 15, 87min) ★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM Most Ridiculous
9.00 Guessable?
10.00 Home Improvement
12.00 NOON Last Man Standing 20&22/24. (S1)
1.00 PM Friends (S6)
8.00 Friends 17/25. A gift gets Chandler in trouble. 8.30 18/25. Rachel and Phoebe are left homeless by a fire. (S6)
9.00 Lee Evans: Roadrunner
10.00 **FILM** The Brothers Grimby Action comedy starring Sacha Baron Cohen and Mark Strong. (2016, 15, 83min) ★★
11.35 Al Murray: Giving It Both Barrels
12.35 AM Whose Line Is It Anyway? USA
1.35 Beavis and Butt-Head
2.30 Phil Wang at the Comedy Store
3.00 Kiri Pritchard-McLean: Home Truths Stand-up.
4.15 to 5.00 AM Friends

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.00 AM **FILM** Erasing His Past Crime thriller. (2019, PG, 87min) ★★
10.55 **FILM** Nanny Surveillance Thriller. (2018, 12, 90min) ★★
1.00 PM **FILM** Cruel Fixation Thriller. (2019, 12) ★★
3.00 **FILM** Enemy Within Thriller. (2007, 15) ★★
5.00 **FILM** Lost Letter Mysteries: Reconcilable Differences Drama. (2014, 12, 87min) ★★
7.00 Perception Double bill.
9.00 **FILM** Signs Sci-fi drama with Mel Gibson. (2002, 12, 106min) ★★
11.15 **FILM** How I Spent My Summer Vacation Crime thriller. (2012, 15, 92min) ★★
1.25 AM **FILM** Cell Thriller. (2014, 15, 95min) ★★
3.20 Air Rescue
4.00 to 6.00 AM **FILM** A Woman Deceived Thriller. (2017, 12) ★★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM **FILM** The 7 Adventures of Sinbad As shown at 5.00pm.
8.00 **FILM** Monster Island Sci-fi action thriller. (2019, PG, 90min) ★★
10.00 Farscape 4/22. (S2)
11.00 **FILM** Asteroid v Earth Sci-fi disaster movie. (2014, 15, 91min) ★★
1.00 PM **FILM** Sinbad and the Clash of the Furies Action adventure. (2016, 12, 90min) ★
3.00 Farscape 4/22. (S2)
4.00 Star Trek 5/26. (S2)
5.00 **FILM** The 7 Adventures of Sinbad Fantasy action adventure. (2010, PG, 90min) ★★
7.00 Farscape 5/22. (S2)
8.00 Star Trek 6/26. (S2)
9.00 **FILM** Fortress Thriller. (2021, 15, 99min) ★★
11.00 **FILM** The Wall Thriller. (2017, 15, 88min) ★★
1.00 to 3.00 AM **FILM** Fortress As 9.00pm.

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM Home Improvement
7.00 Teleshopping
9.00 Impractical Jokers
10.00 Becker 3&4/24. (S2)
11.00 Friends (S4&5)
1.00 PM Criminally Funny
2.30 Impractical Jokers
3.00 Whose Line Is It Anyway? USA
4.00 Guessable?
5.00 Becker 3&4/24. (S2)
6.00 Home Improvement
8.00 Last Man Standing
9.00 Out of Order Fatima El-Ghorri and Iain Stirling join host Rosie Jones and team captains Judi Love and Katherine Ryan.
10.00 Friends 15-20/24. (S5)
1.00 AM The Ren & Stimpy Show 3&4/10. (S3)
2.00 The Roast of Flavor Flav
3.20 Al Murray Live - Barrel of Fun Stand-up show.
4.35 Michael McIntyre: Happy & Glorious
5.15 to 6.00 AM Home Improvement

GREAT! romance

319 424 52

- 8.00 AM **FILM** Love Off the Page Romantic drama. (2022, PG, 87min) ★★
9.55 **FILM** Romantic Rewrite Comedy. (2022, PG) ★★
11.55 **FILM** Written in the Stars Romantic drama. (2021, U, 89min) ★★
2.00 PM **FILM** The Vows We Keep Romantic drama. (2021, U, 84min) ★★
3.55 **FILM** A Romance Wedding Comedy. (2020, PG, 85min) ★★
6.00 **FILM** The Convenient Groom Romantic drama. (2016, PG, 86min) ★★
8.00 **FILM** 40 Below and Falling at Christmas Comedy. (2015, PG) ★★
10.05 **FILM** Love on Ice Drama. (2017, PG, 84min) ★★
12.00 MT **FILM** Planning for Joy (2022, PG) ★★
2.00 AM Highway to Heaven
3.05 to 5.00 AM **FILM** October Kiss Drama. (2015, PG, 85min) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM Dickinson's Real...
6.40 Pawn Stars
7.30 Auction Hunters
7.55 Storage Wars: Texas
8.55 Hardcore Pawn
10.15 Alien Files Reopened
11.10 Weird or What?
12.10 PM Ancient Superstructures
1.05 Mysteries from Above
2.05 Pawn Stars
3.05 Storage Wars: Texas
4.00 Ancient Aliens
6.00 Alien Files Reopened
7.00 Pawn Stars
8.00 Dickinson's Real Deal
9.00 In Search of Aliens
10.00 The Proof Is Out There
11.00 Close Encounters
12.00 M'T Alien Files: Unsealed Double bill.
1.00 AM Alien Files Reopened Documentary.
2.00 Weird or What?
3.00 Hardcore Pawn
3.25 Rust Valley Restorers
4.10 to 6.00 AM Ancient Aliens

Sky Replay

152 156

- 7.00 AM Sixth Sense with Colin Fry Double bill.
8.00 Four Weddings
10.00 Highway Patrol
11.00 Border Patrol
12.00 NOON The Rookie (S4)
2.00 PM Motorway Patrol
3.00 Highway Patrol
4.00 Border Patrol
5.00 Air Ambulance ER
6.00 Customs UK
7.00 MacGyver 1&2/13. (S4)
9.00 The Force: North East
A woman thought to have suffered an overdose disappears. 10.00 A trail of blood leaves officers puzzled.
11.00 Road Wars
12.00 M'T The Russell Howard Hour
2.00 AM A League of Their Own Featuring Jimmy Carr and Maisie Adam.
3.00 Duck Quacks Don't Echo Lee Mack hosts.
4.00 Four Weddings
5.00 to 6.00 AM Sixth Sense with Colin Fry

Rewind TV

182 95

- 6.00 AM Highlights
9.00 Sherlock Holmes (S1)
9.30 Plymouth Rock
10.00 Time After Time (S2)
10.30 Watching 5/7. (S7)
11.00 Diff'rent Strokes (S1)
11.30 I Dream of Jeannie
12.00 NOON Shine on Harvey Moon 6/8. (S4)
1.00 PM The Zoo Gang (S1)
2.00 The Prisoner 6/17. (S1)
3.00 Whicker's World
4.00 Bubblegum & Cheese
5.00 Diff'rent Strokes (S1)
5.30 Watching 5/7. (S7)
6.00 I Dream of Jeannie
6.30 Thriller 5/8. (S2)
7.50 Mysterious Tales
8.00 The Prisoner 6/17. (S1)
9.00 Police Woman (S1)
10.00 Game On 6/6. (S1)
10.35 Drop the Dead Donkey
11.05 The Mrs Merton Show
11.40 Thriller 5/8. (S2)
1.00 AM Shine on Harvey...
2.00 Whicker's World
3.00 Monkey 6/26. (S1)
3.55 to 6.00 AM Highlights

5SELECT

153 138 46 133

- 9.00 AM World's Most Scenic Railway Journeys
10.00 Shetland: Scotland's Wondrous Isles
11.00 Ben Fogle: New Lives in the Wild Double bill.
1.00 PM The Yorkshire Vet
3.00 Murder, She Wrote
4.00 Colombo
5.30 Walking Victorian Britain Birmingham.
6.00 World's Most Scenic Railway Journeys
7.00 Ben Fogle: New Lives in the Wild Double bill.
9.00 Prince George: A King for the Future A look at the upbringing of the Prince and Princess of Wales' eldest child.
10.00 Zara & Mike: The People's Royals A profile of Zara and Mike Tindall.
11.00 Prisoner: Cell Block H
1.10 AM Bargain-Loving Brits in the Sun
3.10 to 4.00 AM Shetland: Scotland's Wondrous Isles

MTV

126/127 824 134

- 6.00 AM 16 and Pregnant
6.45 Teen Mom OG
8.25 Teen Mom 2
11.00 Catfish: Firsts
12.00 NOON Catfish: The TV Show Triple bill.
3.00 PM Catfish: Repeat Offenders Reality show.
4.00 Catfish: The TV Show
5.00 Catfish: Repeat Offenders Reality show.
6.00 Catfish: The TV Show
7.00 Teen Mom: The Next Chapter Amber returns.
8.00 Rich Kids Go Skint
9.00 Teen Mom: The Next Chapter Mackenzie's dad suffers a life-threatening injury.
10.00 Geordie Shore
11.00 Jersey Shore Family Vacation
12.00 M'T Love & Hip Hop: Atlanta **New edition**
Zell brings his friend to the studio with Spice.
1.00 AM Ink Master
2.45 Ex on the Beach
3.35 to 4.00 AM Teen Crib

Discovery

125/126 823 177 320 325

- 6.00 AM How Do They Do It?
7.00 Building Off the Grid
9.00 Kindig Customs Double bill.
11.00 Wheeler Dealers
1.00 PM Alaska: Homestead Rescue Double bill.
3.00 Gold Divers Double bill.
5.00 Deadliest Catch An orca leads the *Cornelia Marie* to the season's best pots, while Clark and Sig rush home.
6.00 Wheeler Dealers Mike has gone all nostalgic, buying a 58-year-old Dormobile campervan in need of work.



10.00 Caught!

- 7.00 Salvage Hunters Drew Pritchard goes climbing at a Cambridge mansion, before he encounters a tough negotiator.
8.00 Kindig Customs Kevin Hart's latest project is in the shop to get customised.
9.00 Marooned with Ed Stafford **New edition** Ed Stafford is trapped on a beach, unless he braves shark infested water.
10.00 Caught! **New editions** Law enforcement take down menacing drivers.
10.30 Elite police units execute daring raids.
11.00 Expedition X The most haunted city in the US.
12.00 MT Street Outlaws: Locals Only From Minnesota.
1.00 AM Marooned with Ed Stafford As 9.00pm.
2.00 Caught! Double bill.
3.00 Iron Resurrection
4.00 to 5.00 AM Moonshiners

+1 hour 225/226 377

Animal Planet

162/175 178

- 8.00 AM Insane Pools: Off the Deep End A dream pool.
9.00 Life at Vet University
10.00 Pit Bulls & Parolees
11.00 Alaska: Homestead Rescue
12.00 NOON Insane Pools: Off the Deep End A waterpark.
1.00 PM Crkey! It's the Irwins
2.00 Monster Croc Invasion
3.00 Pit Bulls & Parolees: Tia's Tales Documentary.
4.00 Pit Bulls & Parolees
5.00 Alaska: Homestead Rescue
6.00 Insane Pools: Off the Deep End A space for tranquility.



8.00 Pet Nation Renovation

- 7.00 Life at Vet University Tensions are high as the fourth-year students find out if they have been awarded an internship.
8.00 Pet Nation Renovation Part one of two. Bandit's Adoption and Rescue of K9s in Ashland, Virginia is given a full makeover.
9.00 Pet Nation Renovation Part two of two. Dave Salmoni follows the renovation of Michigan Animal Rescue League.
10.00 Alaskan Bush People The Browns must balance the fate of their new community with the success of the homestead.
11.00 Flying Wild Alaska Doug delivers explosives to the island of St Lawrence.
12.00 MT Pit Bulls & Parolees
1.00 AM Alaskan Bush People
2.00 Pit Bulls & Parolees
3.00 Alaska: Homestead Rescue
4.00 to 5.00 AM Insane Pools: Off the Deep End

+1 hour 262/275 378

Nat Geographic

129/130 825 183

- 8.00 AM Food Factory
9.00 Air Crash Investigation: Special Report
10.00 World War II: Secrets from Above The Battle of Britain.
11.00 Airport Security: Rome
12.00 NOON Car S.O.S
1.00 PM Rocky Mountain Railroad
2.00 Air Crash Investigation
3.00 Titanic: Case Closed
5.00 Car S.O.S Tim and Fuzz rescue a Dennis fire engine.
6.00 Hitler's Secret Underground Factory The story of the Messerschmitt ME 262.



10.00 Lawless Island

- 7.00 Air Crash Investigation After a turboprop crash in North Carolina, investigators uncover an industry-wide safety issue.
8.00 Drain the Oceans Why so many ships and aircraft have met with disaster along the bottom of the Atlantic Ocean.
9.00 Mysterious Islands Exploring locations steeped in intrigue, including the enigma of Havana Syndrome.
10.00 Lawless Island **New edition** Documentary following a group of people living in a remote Alaskan community.
11.00 Air Crash Investigation
12.00 MT Murder in the Skies: Who Downed MH17?
1.00 AM Plane Crash Recreated
2.00 Lords of War
2.30 Made in a Day
3.20 Food Factory Double bill.
4.10 to 5.00 AM Exotic Animal ER: Double Dose

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

- 6.00 AM American Pickers
6.50 History's Greatest Aircraft
7.45 Flipping Bangers
8.45 Forged in Fire
9.35 Storage Wars Five editions.
12.00 NOON Mountain Men
1.00 PM Flipping Bangers
2.00 Combat Machines
4.00 Digging for Britain
5.00 Pawn Stars The staff appraise an autographed card of President Abraham Lincoln.
5.30 Blues legend John Popper comes into the store.
6.00 American Pickers



9.00 Forged in Fire

- 7.00 Forged in Fire Two smiths advance to the final round, where they recreate a pair of Indian Bagh Nakh weapons.
8.00 Claw Hunters Blake struggles with an injury, Captain Greg monitors lobster prices, and Mack grapples with superstitions.
9.00 Forged in Fire **New edition** Previous champions battle for the chance to compete against a titan of the forge.
10.00 Gangland Chronicles **New editions** The history of the Chicago Outfit.
10.30 A look at the Aryan Brotherhood.
11.00 Alien Files: Unsealed Alien influence in famous mysteries.
11.30 The motivations behind alien visits to Earth.
12.00 MT Pawn Stars Double bill.
1.00 AM Flipping Bangers
2.00 Royal Autopsy
3.00 Claw Hunters As 8.00pm.
4.00 to 6.00 AM Storage Wars

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

- 6.10 AM Antiques Roadshow
8.00 Secret Nazi Bases
9.00 Living with Hitler
10.00 The Architecture the Railways Built Double bill.
12.00 NOON Joanna Lumley's Trans-Siberian Adventure
1.00 PM Antiques Roadshow
2.00 Bangers & Cash Double bill.
4.00 Secret Nazi Bases
5.00 Living with Hitler Life under Hitler from 1940 to 1945.
6.00 Antiques Roadshow Fiona Bruce presents from Osbourne House on the Isle of Wight.



8.00 Bangers & Cash

- 7.00 How Britain Worked Engineering enthusiast Guy Martin renovates a saw mill in Wensleydale in North Yorkshire.
8.00 Bangers & Cash **New edition** Derek heads to Doncaster to collect a vintage motorbike said to be the rarest BSA of all.
9.00 **NEW SERIES** Dream Car Fixers Sheldon and Peter attempt to recreate Steve's upgraded Anglia from 50 years ago.
10.00 Bangers & Cash The Mathewsons sell a 1958 Bedford D122 and a 1969 Vanden Plas Princess.
11.00 Abandoned Engineering An industrial ruin in the Florida Everglades that once competed in the greatest race humankind has ever witnessed.
12.00 MT Joanna Lumley's Trans-Siberian Adventure
1.00 to 3.00 AM Secrets of the London Underground

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM Chasing Classic Cars
8.00 American Pickers
9.00 Aussie Gold Hunters
11.00 The Repair Shop
1.00 PM Salvage Hunters
3.00 Shed and Buried
4.00 Find It, Fix It, Flog It
6.00 The Repair Shop
8.00 Wheeler Dealers Mike restores a rare 1991 Alfa Romeo 164L.
9.00 Mike finds an Alfa Romeo GTV with some faults, but he thinks Elvis can sort it.
10.00 Richard Hammond's Workshop After appointing the manager, Richard questions his role in the business, and tensions rise at a meeting to discuss the future.
11.00 Wheeler Dealers
1.00 AM Chasing Classic Cars
3.00 Find It, Fix It, Flog It
4.00 to 5.00 AM How It's Made

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM Say Yes to the Dress: Bridesmaids
7.00 Say Yes... Lancashire
8.00 Curvy Brides Boutique
9.00 Say Yes to the Dress
10.00 Forensic Detectives
12.00 NOON Deadly Affairs
1.00 PM On the Case with Paula Zahn
2.00 Murder on CCTV
3.00 Faking It: Tears of a Crime Ian Stewart.
4.00 American Monster
6.00 People Magazine Investigates
7.00 The Killer in My Family
8.00 Murder on CCTV
9.00 Evil Lives Here **New edition** Suspicious signs lead to revelations.
10.00 Evil Lives Here
11.00 Murder on CCTV
12.00 MT Faking It: Tears of a Crime Double bill.
2.00 AM Murder Comes to Town Zilpha Lowery.
3.00 to 4.00 AM FBI Files

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM Judge Judy
1.00 PM Judge Judy
7.00 See No Evil Carl Starke is shot dead close to his home, and with no witnesses, police turn to CCTV to find his killer.
8.00 Killers: Caught on Camera In Texas, a woman is found shot dead outside her home.
9.00 Forensic Factor **New edition** A serial rapist preys on elderly women living in Ontario.
10.00 Bloodline Detectives **New edition** Years after a murder in 1991, determination and new forensic tools may find Danielle Clause's killer.
11.00 Evidence of Evil
12.00 MT 48 Hours
1.00 AM Forensic Factor
2.00 Bloodline Detectives
3.00 Medical Detectives
4.00 to 6.00 AM Judge Judy

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM 48 Hours
11.00 Medical Detectives
2.00 PM 48 Hours
4.00 Medical Detectives Three construction workers are found executed shot in broad daylight on a work-site.
4.30 An ex-con from Texas maintains his innocence after being arrested for a murder.
5.00 A California career woman keeps mysteriously falling ill.
5.30 A 24-year old criminology student is found murdered.
6.00 A woman is shot to death in her home.
6.30 A mother is abducted from a petrol station and later found stabbed to death.
7.00 Judge Judy Real-life small claims cases.
12.05 AM Judge Judy
4.45 to 6.00 AM Medical Detectives

Sky Crime

122/123 820 121 349 364

- 6.00 AM Highway Cops
7.00 Send in the Dogs
8.00 Stop, Search, Seize
9.00 Nothing to Declare
10.00 Brit Cops UK
11.00 Catching the Killer
12.00 NOON Killing Mum...
1.00 PM Killer in My Village
2.00 Murders That Shocked the Nation
3.00 Most Evil Killers
5.00 Catching the Killer
6.00 Killing Mum and Dad
7.00 World's Most Evil Killers
8.00 Britain's Most Evil Killers
9.00 What the Killer Did Next Joy Morgan.
10.00 Murdered at First Sight
11.00 Catching the Killer
12.00 MT Most Evil Killers
1.00 AM How I Caught the Killer Crime series.
2.00 Snapped Documentary.
3.00 Most Evil Killers
4.00 UK Border Force
5.00 to 6.00 AM Motorway Patrol

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM Grand Tours of...
8.50 Wrecks That Changed the World
9.55 The Great Wall of China: The Hidden Story - Secret History
10.50 Hitler's Power
12.00 NOON Countdown to...
1.00 PM Grand Tours of...
1.40 Wrecks That Changed the World
2.35 The Great Wall of China: The Hidden Story - Secret History
3.35 Hitler's Power
4.45 Grand Tours of Scotland
5.20 Countdown to War
6.20 Wrecks That Changed the World
7.20 The Great Wall of China: The Hidden Story - Secret History
8.15 Hitler's Power
9.20 Countdown to War
10.20 Wrecks That Changed...
11.20 Grand Tours of Scotland
12.00 MT Hitler's Power
1.10 to 2.00 AM Grand Tours of Scotland

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM The Movies
- 7.00 Discovering: Diane Keaton
- 8.00 The Directors
- 9.00 The Nineties
- 10.00 Janet Jackson
- 11.00 Urban Secrets
- 12.00 NOON Yacht Rock: A Documentary Chronicling the rise of soft rock.
- 2.00 PM The Lawman
- 3.30 PL Legends: Alan Shearer
- 4.00 The Directors
- 5.00 Discovering: Diane Keaton
- 6.00 The Nineties
- 7.00 Super/Man: The Christopher Reeve Story A profile of the actor who rose to fame after starring in the 1978 film *Superman*, but was paralysed from the neck down in 1995 after a horse-riding accident.
- 9.00 The Two Escobars How the fates of two Colombians were permanently linked.
- 11.00 Stevie Van Zandt: Disciple
- 1.50 AM Giroud
- 3.20 Nike's Big Bet
- 5.00 to 6.00 AM Discovering: Diane Keaton

Crime+Investigation

156 837 133

- 6.00 AM Homicide: Hours to Kill
- 7.00 Homicide Hunter
- 8.00 The First 48
- 9.00 Meet, Marry, Murder
- 10.00 Murder By Medic
- 11.00 Imperfect Murder
- 12.00 NOON Buried in the Backyard
- 1.00 PM Somebody's Hiding Something Documentary.
- 2.00 Murder Masterminds
- 3.00 Killer Britain with Dermot Murnaghan Stephen Port.
- 4.00 Meet, Marry, Murder
- 5.00 On the Case with Paula Zahn
- 6.00 Homicide: Hours to Kill
- 7.00 First 48: The Detective Speaks
- 8.00 Murder By Medic **New edition** The story of Dr Michael Swango.
- 9.00 After the First 48 **New edition**
- 10.00 Interrogation Raw
- 11.00 Homicide Hunter
- 12.00 MT Buried in the Backyard
- 1.00 AM After the First 48
- 2.00 Interrogation Raw
- 3.00 Somebody's Hiding Something
- 4.00 On the Case with Paula Zahn
- 5.00 to 6.00 AM Imperfect Murder

+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM Abandoned Engineering
- 1.00 PM Abandoned Engineering
- 5.00 The Bill Only a Bit of Thieving: DS Roach finds himself accused of attempted murder.
- 5.30 Communications: Edwards and Brind visit the parents of a missing girl.
- 6.00 Silver Lining: Haynes finds something valuable in the boot of a Rolls Royce.
- 6.30 Suffocation Job: Ackland visits a woman with agoraphobia.
- 7.00 Pointless Double bill of the general knowledge quiz show hosted by Alexander Armstrong and Richard Osman.
- 9.00 Dancing on the Edge 1/5. Drama by Stephen Poliakoff following the fortunes of a black jazz band in early-1930s London. Stars Chiwetel Ejiofor, Matthew Goode, John Goodman and Angel Coulby. (S1)
- 11.00 The Bill Four episodes.
- 1.05 AM Pointless Double bill.
- 3.00 Abandoned Engineering
- 5.30 to 6.00 AM The Bill

+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM Tales from Zambia
- 7.00 Monkey Life
- 8.00 Undiscovered Vistas
- 9.00 Amazing Animal Friends
- 10.00 A Wild Year on Earth
- 11.00 Wildlife ER
- 12.00 NOON Uptown Otters
- 1.00 PM Monkey Life
- 2.00 Undiscovered Vistas
- 3.00 Amazing Animal Friends
- 4.00 A Wild Year on Earth
- 5.00 Wildlife Family Ties
- 6.00 Uptown Otters
- 7.00 Monkey Life Double bill.
- 8.00 Waterworld Africa
- 9.00 Wild Birds of Australia Four birds that go to exceptional lengths to find mates.
- 10.00 Uptown Otters Anna and her clan are back in Marina Bay.
- 11.00 Wild Family Ties
- 12.00 MT Wildlife ER
- 1.00 AM Arctic Secrets
- 2.00 Waterworld Africa
- 3.00 Wild Birds of Australia
- 4.00 Undiscovered Vistas
- 5.00 to 6.00 AM Amazing Animal Friends

WILD

165 841 182

- 8.00 AM Yukon Vet
- 9.00 Shark Men
- 10.00 Last of the Giants: Wild Fish
- 11.00 World's Deadliest
- 12.00 NOON The Incredible Dr Pol
- 1.00 PM Yukon Vet
- 2.00 America's Mighty Northwest
- 4.00 Secrets of the Zoo: Tampa
- 5.00 The Incredible Dr Pol
- 6.00 Snakes in the City
- 7.00 Secrets of the Zoo A litter of motherless dhole pups seek acceptance from the pack leader under the watchful eye of the team.
- 8.00 Bite, Sting, Kill 1/2. Footage of the world's deadliest animals.
- 9.00 Last of the Giants: Wild Fish The team continue their search for the short-tailed river stingray.
- 10.00 Ice Road Rescue Terje's reckless driving ends in disaster.
- 11.00 A driver abandons his truck and goes missing.
- 12.00 MT When Sharks Attack 360
- 1.00 AM World's Deadliest
- 2.00 Yukon Vet
- 3.00 Secrets of the Zoo: Tampa
- 4.00 to 5.00 AM Yukon Vet

ID

154 166

- 8.00 AM Real Time Crime
- 9.00 Evil Lives Here: Shadows of Death
- 11.00 Evil Lives Here
- 1.00 PM Murder Calls
- 3.00 Where Murder Lies
- 5.00 Love, Honor, Betray
- 7.00 Caught in the Net When 21-year-old Julie Ann Gonzalez goes missing, detectives investigate her puzzling digital trail to uncover the horrifying truth behind her disappearance.
- 8.00 When single father David Heisler goes missing, clues lead detectives into the desert, but the trail stops cold. Digital forensics experts to help unravel this mystery.
- 9.00 Murder in the Heartland The story of mother-of-three Sara Summer, whose burnt body turned up in a cornfield.
- 10.00 Lethally Blonde
- 11.00 Horror at the Cecil Hotel
- 12.00 MT The Lake Erie Murders
- 2.00 AM Love, Honor, Betray
- 4.00 to 6.00 AM Caught in the Net

+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM Ancient Aliens
- 8.00 History's Greatest Mysteries
- 9.00 History of Weapons
- 10.00 What on Earth?
- 11.00 Ancient Aliens
- 1.00 PM River Hunters
- 2.00 Weird Britain
- 3.00 Clash of the Gods
- 4.00 History of Weapons
- 5.00 The Proof Is Out There
- 6.00 What on Earth?
- 7.00 UFO Hunters An encounter with an underwater phenomenon.
- 8.00 Egypt's Unexplained Files The Great Pyramid at Giza.
- 9.00 Dark Marvels: Killing Machines An exploration into the dark art of spy-craft, from the frankenkitty to the umbrella gun.
- 10.00 History's Greatest Mysteries The tragic and chilling events of the Salem Witch Trials.
- 11.00 8 Days That Made Rome
- 12.00 MT Ancient Aliens
- 2.00 AM River Hunters
- 3.00 Weird Britain
- 4.00 UFO Hunters
- 5.00 to 6.00 AM The Proof Is Out There

Discovery History

174 181

- 7.00 AM America's Most Secret: Structures As 8.00pm.
- 8.00 Kings of Construction
- 9.00 Combat Dealers
- 10.00 Blowing Up History
- 12.00 NOON Expedition Unknown
- 2.00 PM NASA's Unexplained Files
- 3.00 How the Universe Works
- 4.00 Mysteries of the Missing
- 5.00 Mysteries at the Museum
- 7.00 Expedition Bigfoot Mireya and Ronny have a terrifying experience when they realise they are not alone in the forest.
- 8.00 America's Most Secret: Structures A revealing glimpse behind the scenes of America's most classified sites.
- 9.00 Combat Dealers Bruce Crompton blows up a van with World War Two rifle grenades.
- 10.00 Shed and Buried
- 11.00 Blowing Up History
- 1.00 AM How the Universe Works
- 2.00 NASA's Unexplained Files
- 3.00 to 5.00 AM Expedition Unknown

+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM World's Greatest Motorcycle Rides
- 7.00 Kindig Customs
- 8.00 Iron Resurrection
- 9.00 Roadworthy Rescues
- 10.00 Motor Pickers
- 11.00 Salvage Hunters: Classic Cars
- 12.00 NOON Richard Hammond's Workshop Motoring series.
- 1.00 PM Extreme RVs
- 2.00 Wheeler Dealers
- 3.00 Motor Pickers
- 4.00 Lucky!
- 5.00 Roadworthy Rescues
- 6.00 Salvage Hunters: Classic Cars
- 7.00 Richard Hammond's Workshop
- 8.00 Lucky! Cutthroat drivers in fast cars result in excitement and tragedy for Formula 1.
- 9.00 Shed and Buried: Classic Cars
- 10.00 Motor Pickers
- 11.00 Shed and Buried
- 12.00 MT Lucky!
- 1.00 AM Iron Resurrection
- 2.00 Fast N' Loud
- 3.00 Wheeler Dealers
- 4.00 to 5.00 AM Wrench'd

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

- 6.55 AM Fox and Hare Save the Forest Animated family adventure. (2024, U, 71min)
- 8.15 The Garfield Movie (2023)
- 10.00 Turn Me On Fantasy comedy. (2024, 15, 99min) ★★★
- 12.00 NOON **PREMIERE** Rob Peace
- 2.10 PM The Killer Action thriller. (2024, 15, 126min) ★★★★★
- 4.25 The Garfield Movie Animation. (2023, U, 101min) ★★★
- 6.10 The Line Drama starring Alex Wolff. (2023, 15, 100min)



8.00 Rob Peace

- 8.00 **PREMIERE** Rob Peace Drama directed by and starring Chiwetel Ejiofor, with Jay Will, Camila Cabello and Mary J Blige. A brilliant young man puts his bright future at risk to help his father. (2024, 15, 119min) ★★★ See review, page 27 SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.10 Furiosa: A Mad Max Saga Sci-fi prequel starring Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by the crazed Dementus. (2024, 15, 148min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.45 AM A Place Called Silence Chinese thriller. (2024, 15)
- 2.55 The Last Stop in Yuma County Crime thriller. (2023, 15, 100min) ★★★★★
- 4.35 to 6.25 AM I Saw the TV Glow Horror with Justice Smith. (2024, 15, 100min) ★★★

Sky Cinema Drama

310 410 510 524

- 6.30 AM Wildhood As 1.20am.
- 8.25 To Olivia As shown at 6.15pm.
- 10.10 Straight Outta Compton Biopic. (2015, 15, 147min) ★★★
- 12.50 PM Bob Marley: One Love Biopic. (2023, 12, 104min) ★★★
- 2.45 Lady Bird Comedy drama. (2017, 15, 94min) ★★★★★
- 4.30 Miss Potter Biopic starring Renée Zellweger as Beatrix Potter. (2006, PG, 93min) ★★★
- 6.15 To Olivia Biopic of writer Roald Dahl, starring Hugh Bonneville. (2021, PG, 90min) ★★★★★
- 8.00 Charlie Wilson's War Satirical political comedy starring Tom Hanks, Julia Roberts and Philip Seymour Hoffman. (2007, 15, 97min) ★★★★★
- 9.45 Manodrome Dark thriller with Jesse Eisenberg and Adrien Brody. (2023, 15, 96min) ★★★
- 11.30 What If Romantic drama with Daniel Radcliffe and Zoe Kazan. (2013, 15, 98min) ★★★★★
- 1.20 AM Wildhood Drama with Steve Lund. (2021, 15, 108min) ★★★★★
- 3.10 The Integrity of Joseph Chambers Survival drama. (2022, 15, 96min) ★★★
- 4.55 to 6.40 AM Sometimes I Think About Dying Comedy drama. (2023, 12, 93min) ★★★★★

Sky Cinema Hits

303 403 503 517

- 6.10 AM The Cinema List: Biopic
- 6.25 Under the Boardwalk
- 8.10 Zombie Town As 2.00am.
- 10.00 Barber Mystery drama. (2023, 15, 90min) ★★★
- 11.45 Insidious: The Red Door
- 1.45 PM Jack Reacher Thriller. (2012, 15, 130min) ★★★★★
- 4.10 Baby Driver Action thriller. (2017, 15, 113min) ★★★★★
- 6.15 The Scorpion King Fantasy adventure starring The Rock. (2002, 12, 91min) ★★★



6.15 The Scorpion King

- 8.00 Men in Black: International Fantasy sequel starring Chris Hemsworth and Tessa Thompson. The intergalactic law enforcers tackle their biggest threat – a mole in the Men in Black organisation. (2019, 12, 110min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00 Constantine Supernatural horror thriller based on the Hellblazer comic books, starring Keanu Reeves and Rachel Weisz. (2005, 15, 121min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.05 AM Insidious: The Red Door Horror sequel starring Patrick Wilson. (2023, 15, 107min) ★★★★★
- 2.00 Zombie Town Comedy horror. (2023, 12, 92min) ★★
- 3.45 Under the Boardwalk Animated musical comedy. (2023, PG, 83min) ★★★★★
- 5.25 to 6.15 AM Sky Cinema Preview

Sky Cinema Sci-fi/Horror

311 411 511 525

- 6.35 AM Arcadian As 11.40pm.
- 8.10 The Adjustment Bureau Romantic sci-fi thriller. (2011, 12, 105min) ★★★★★
- 10.00 The Harbinger Horror. (2022, 15, 87min) ★★★★★
- 11.35 Next Exit As 9.45pm.
- 1.25 PM The Woman in Black Chiller based on Susan Hill's ghost story, starring Daniel Radcliffe. (2012, 12, 91min) ★★★★★
- 3.05 Resident Evil: Retribution Sci-fi action thriller sequel. (2012, 15, 92min) ★★★★★
- 4.45 The First Purge Horror thriller prequel. (2018, 15, 98min) ★★
- 6.30 The Purge Horror thriller starring Ethan Hawke and Lena Headey. (2013, 15, 85min) ★★★★★
- 8.00 A Quiet Place: Day One Horror prequel starring Lupita Nyong'o. (2024, 15, 100min) ★★★★★
- 9.45 Next Exit Sci-fi comedy starring Katie Parker and Rahul Kohli. (2022, 15, 106min) ★★★
- 11.40 Arcadian Horror thriller. (2024, 15, 92min) ★★★★★
- 1.20 AM Rosemary's Baby Chiller. (1968, 18, 137min) ★★★★★
- 3.45 Out of Darkness Prehistoric horror. (2022, 15, 88min) ★★★★★
- 5.20 to 7.25 AM Paycheck Thriller. (2003, 12, 119min) ★★★★★

Sky Cinema Harry Potter

306 406 506 520

- 7.15 AM **Harry Potter and the Deathly Hallows: Part I** Fantasy with Daniel Radcliffe. (2010, 12, 146min) ★★★★★
- 9.45 **Harry Potter and the Deathly Hallows: Part II** Fantasy. (2011, 12, 130min) ★★★★★
- 12.00 NOON **Fantastic Beasts and Where to Find Them** (2016)
- 2.15 PM **Fantastic Beasts: The Crimes of Grindelwald** (2018)
- 4.35 **Fantastic Beasts: The Secrets of Dumbledore** As 11.35pm.



11.35 ...Secrets of Dumbledore

- 7.00 **Fantastic Beasts and Where to Find Them** Harry Potter prequel starring Eddie Redmayne. (2016, 12, 133min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.15 **Fantastic Beasts: The Crimes of Grindelwald** Fantasy adventure starring Eddie Redmayne. Newt Scamander tries to scupper a sorcerer's plans of raising pure-blood wizards to rule over all non-magical beings. (2018, 12, 134min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.35 **Fantastic Beasts: The Secrets of Dumbledore** Fantasy adventure starring Eddie Redmayne and Jude Law. (2022, 12, 142min) ★★
- 2.00 AM **Harry Potter and the Philosopher's Stone** Fantasy starring Daniel Radcliffe. (2001, PG, 152min) ★★★★★
- 4.40 to 7.30 AM **Harry Potter and the Chamber of Secrets** Fantasy with Daniel Radcliffe. (2002, PG, 161min) ★★★★★

Sky Cinema Awards Season

302 402 502 516

- 6.00 AM **Black Joy** As 1.45am.
- 7.50 **Polite Society** As 2.00pm.
- 9.40 **Transformers: Rise of the Beasts** Fantasy prequel. (2022, 12, 127min) ★★★★★
- 11.55 **Back to the Future** Comedy. (1985, PG, 115min) ★★★★★
- 2.00 PM **Polite Society** Action comedy starring Priya Kansara. (2023, 12, 100min) ★★★★★
- 4.00 **May December** As 11.45pm.
- 6.00 **No Hard Feelings** Comedy starring Jennifer Lawrence. (2023, 15, 103min) ★★
- 8.00 **Lee** Biopic of photographer Lee Miller, starring Kate Winslet. (2023, 15, 117min) ★★
- 10.00 **She Came to Me** Comedy drama with Peter Dinklage and Anne Hathaway. A composer with writer's block rediscovers his passion after a one-night stand. (2023, 15, 102min) ★★★★★
- 11.45 **May December** Drama. (2023, 15, 117min) ★★★★★
- 1.45 AM **Black Joy** Comedy starring Norman Beaton and Trevor Thomas. (1977, 15, 109min) ★★
- 3.30 **Sunset Boulevard** Classic Hollywood melodrama. (1950, b/w, PG, 110min) ★★★★★
- 5.25 to 6.10 AM Sky Cinema Preview

Sky Cinema Action

307 407 507 521

- 7.25 AM **The Huntsman: Winter's War** Fantasy. (2016, 12) ★★
- 9.25 **The Legend of Zorro** (2005)
- 11.40 **Madame Web** Fantasy. (2024, 12, 116min) ★★
- 1.40 PM **Terminator Salvation** Sci-fi action thriller sequel. (2009, 12, 110min) ★★
- 3.40 **Warcraft** Fantasy adventure. (2016, 12, 123min) ★★
- 5.45 **The Legend of Zorro** Action adventure sequel. (2005, PG, 130min) ★★



5.45 The Legend of Zorro

- 8.00 **Top Gun** Aerial action drama starring Tom Cruise as a hotshot young flier at the US Navy's elite air combat training school. With Kelly McGillis, Val Kilmer and Anthony Edwards. (1986, 12, 110min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.55 **Aquaman** Adventure starring Jason Momoa. The human-born heir to the kingdom of Atlantis embarks on a quest to prevent a war between the worlds of ocean and land. With Nicole Kidman and Willem Dafoe. (2018, 12, 143min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.25 AM **The Old Way** Western starring Nicolas Cage. (2023, 15, 95min) ★★
- 2.05 **No Escape** Action thriller. (2014, 15, 101min) ★★
- 4.00 to 6.15 AM **Pain & Gain** Dark comedy with Mark Wahlberg. (2013, 15, 124min) ★★

Sky Cinema Greats

304 404 504 518

- 6.00 AM **Zu: Warriors from the Magic Mountain** As 3.40am.
- 7.45 **Zulu** As shown at 1.20am.
- 10.05 **Bruce Lee's Big Boss** (1971)
- 12.00 NOON **Star Trek III: The Search for Spock** Sci-fi adventure with William Shatner. (1984, PG, 105min) ★★
- 1.55 PM **Superman III** Fantasy sequel with Christopher Reeve. (1983, PG, 123min) ★★
- 4.00 **Back to the Future Part III** Comedy adventure sequel. (1990, PG, 112min) ★★★★★
- 6.00 **Blade Runner** Ridley Scott's futuristic thriller with Harrison Ford and Rutger Hauer. (1982, 15, 130min) ★★★★★
- 8.00 **Superman IV: The Quest for Peace** Fantasy sequel starring Christopher Reeve and Gene Hackman. (1987, PG, 90min) ★
- 9.35 **Star Trek IV: The Voyage Home** Sci-fi adventure. (1986, PG, 119min) ★★★★★
- 11.35 **Bruce Lee's Big Boss** Action thriller. (1971, 18, 94min) ★★
- 1.20 AM **Zulu** Historical adventure. (1963, PG, 138min) ★★★★★
- 3.40 **Zu: Warriors from the Magic Mountain** Action fantasy. (1982, PG, 95min) ★★★★★
- 5.30 to 6.25 AM Sky Cinema Preview

Sky Cinema Comedy

308 408 508 522

- 7.10 AM **The Cable Guy** (1996)
- 8.55 **Tropic Thunder** Spoof. (2008, 15, 107min) ★★★★★
- 10.50 **Scott Pilgrim vs. the World** Comedy. (2010, 12) ★★★★★
- 12.50 PM **Game Night** Comedy. (2018, 15, 100min) ★★★★★
- 2.35 **Everybody Wants Some!!** Comedy. (2016, 15) ★★★★★
- 4.40 **The Men Who Stare at Goats** Comedy. (2009, 15) ★★
- 6.20 **Nacho Libre** Comedy. (2006, 12, 92min) ★★★★★



10.20 The Big Lebowski

- 8.00 **The Boat That Rocked** Richard Curtis's period comedy inspired by 1960s pirate radio, starring Bill Nighy, Philip Seymour Hoffman and Rhys Ifans. A teenager learns life lessons from the motley crew of DJs on board a pirate radio station in the North Sea. (2009, 15, 135min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.20 **The Big Lebowski** Offbeat comedy thriller starring Jeff Bridges and John Goodman. (1998, 18, 117min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.25 AM **Please Don't Destroy: The Treasure of Foggy Mountain** Comedy. (2023, 15) ★★
- 2.05 **The Cable Guy** Comedy. (1996, 12, 96min) ★★★★★
- 3.45 **Forces of Nature** Comedy. (1999, 12, 105min) ★★
- 5.35 to 7.25 AM **She's Out of My League** Romantic comedy. (2010, 15, 100min) ★★

Sky Cinema Animation

305 412 500 514

- 6.40 AM **Tom and Jerry: A Nutcracker Tale** Animation. (2007, U, 47min) ★★
- 7.35 **Ruby Gillman, Teenage Kraken** Animation. (2023, PG) ★★
- 9.10 **Sing** Animated musical comedy. (2016, U, 108min) ★★
- 11.00 **The Prince of Egypt** Animated drama. (1998, U, 99min) ★★★★★
- 12.45 PM **Rock Dog 2: Rock Around the Park** As shown at 10.15pm.
- 2.20 **The Angry Birds Movie** Animation. (2016, U) ★★
- 4.00 **The Angry Birds Movie 2** Animation. (2019, U) ★★
- 5.45 **Home** Animated adventure. (2014, U, 94min) ★★
- 7.20 **DC Super Hero Girls: Legends of Atlantis** Animated adventure. (2018, PG, 75min) ★★
- 8.40 **The Inseparables** Animation. (2023, U, 90min) ★★
- 10.15 **Rock Dog 2: Rock Around the Park** Animated comedy sequel. (2021, U, 90min) ★★
- 11.55 **Lego DC Comics Super Heroes: The Flash** (2018, U) ★★
- 1.25 AM **Tom and Jerry: Nutcracker...**
- 2.25 **DC Super Hero Girls: Legends...**
- 3.50 **Rock Dog 3: Battle the Beat** Animated sequel. (2022, U) ★★
- 5.30 to 6.00 AM Sky Cinema Preview

Sky Cinema Thriller

309 409 509 523

- 7.30 AM **Hanna** Action thriller. (2011, 12, 106min) ★★★★★
- 9.30 **The Bourne Ultimatum** Spy thriller. (2007, 12) ★★★★★
- 11.35 **American Star** As 10.15pm.
- 1.30 PM **Nightcrawler** Thriller. (2014, 15, 115min) ★★★★★
- 3.30 **The Bourne Legacy** Thriller sequel starring Jeremy Renner. (2012, 12, 129min) ★★
- 5.55 **Three Days of the Condor** Thriller with Robert Redford. (1975, 15, 118min) ★★★★★



10.15 American Star

- 8.00 **Miami Vice** Crime thriller based on the 1980s TV cop series, starring Colin Farrell and Jamie Foxx. A pair of undercover cops infiltrate a ruthless drug smuggling cartel in order to catch the killers of two federal agents. With Gong Li and Naomie Harris. (2006, 15, 133min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.15 **American Star** Thriller starring Ian McShane. An assassin completing his final assignment is drawn to a ghostly shipwreck. (2023, 15, 107min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.05 AM **Bad Boys** Action comedy. (1995, 15, 118min) ★★
- 2.05 **The Saint** Big-screen version of the cult 1960s TV series. (1997, 12, 116min) ★★
- 4.05 **He Went That Way** Crime drama. (2023, 15, 96min) ★★
- 5.45 to 7.15 AM **Drive-Away Dolls** Ethan Cohen's action comedy. (2023, 15, 84min) ★★

Film4

313 855 428 14 300

- **Films start at 11.00am**
- 11.00 AM **Gideon of Scotland Yard** Drama. (1958, PG, 91min) ★★
- 12.50 PM **3.10 to Yuma** Western. (1957, b/w, PG, 80min) ★★★★★
- 2.40 **Anastasia** Historical drama. (1956, U, 105min) ★★
- 4.50 **Little Women** Screen version of Louisa May Alcott's classic tale. (1994, U, 114min) ★★
- 7.10 **13 Going on 30** Romantic comedy with Jennifer Garner. (2004, 12, 98min) ★★



9.00 Vesper

- 13 **Going on 30** (film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.00 **PREMIERE Vesper** Sci-fi adventure with Raffiella Chapman. Thirteen-year-old Vesper and her paralysed father struggle to survive on the edge of a city, until they meet a woman who promises to change their lives. (2022, 15, 114min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.20 **The Running Man** Sci-fi adventure starring Arnold Schwarzenegger. An escaped convict is forced to participate in a deadly, gladiatorial game show. (1987, 18, 101min) ★★
- 1.20 to 3.35 AM **Misery** Suspense drama based on a story by Stephen King, starring James Caan and Kathy Bates. (1990, 15, 107min) ★★★★★
- +1 hour 314 430 47 301

Talking Pictures

328 445 82 306

- 6.00 AM **Emergency Call** Thriller. (1952, b/w, U, 90min) ★★
- 7.45 **The Smart Aleck** Mystery. (1951, b/w, PG, 58min) ★★
- 8.55 **The Red House** Thriller. (1947, b/w, PG, 100min) ★★
- 10.55 **Battle of the V1** World War Two drama with Michael Rennie. (1958, b/w, PG, 109min) ★★
- 12.55 PM **Glimpses: Cambridge in 1945** Student life in 1945.
- 1.20 **A Matter of Choice** Drama. (1963, b/w, PG, 100min) ★★
- 3.00 **Crown Court** Triple bill.
- 4.30 **Make Me an Offer** Comedy. (1954, U, 88min) ★★
- 6.15 **Slave Girls** Fantasy adventure starring Martina Beswick. (1966, PG, 95min) ★★
- 8.00 **The Brothers 10/13** (S5)
- 9.05 **Reckless 2/6** (S1)
- 10.10 **What a Crazy World** Musical starring Joe Brown, Susan Maughan and Harry H Corbett. (1963, b/w, PG, 88min) ★★
- 11.55 **The Last Man on Earth** Horror. (1964, b/w, PG, 86min) ★★★★★
- 1.45 AM **The Facts of Life** Comedy. (1960, b/w, PG, 104min) ★★
- 3.50 **The Flying Deuces** Comedy. (1939, b/w, U, 67min) ★★
- 5.10 **Randle & All That** Comic short.
- 5.30 to 6.00 AM 26 Men

Sky Sports	Main Event
401 511 501 419 439	
6.00 AM	LIVE LPGA Tour Golf The opening day of the Honda LPGA Thailand from Siam Country Club in Pattaya, where home favourite Patty Tavatanakit won last year.
8.00	Good Morning Sports Fans
8.30	LIVE ICC Champions Trophy Cricket Bangladesh v India. Coverage of the Group A match from Dubai International Stadium in the United Arab Emirates.
5.30 PM	LIVE WTA & ATP Tennis Coverage from the Tours, featuring the WTA Dubai Tennis Championships, ATP Doha Open and ATP Rio de Janeiro Open.
7.00	LIVE Premier League Darts Coverage of the third round of the season from 3Arena in Dublin.
11.00	LIVE ATP Tennis The fourth day of the ATP Rio de Janeiro Open, a day-court tournament at Jockey Club Brasileiro in Rio de Janeiro.
2.00 AM	Sky Sports News
2.30	Back Pages Tonight
3.00	Sky Sports News
3.30	Back Pages Tonight
4.00	Sky Sports News
4.30	Back Pages Tonight
5.00	Sky Sports News
5.30	to 6.00 AM Back Pages Tonight

TNT Sports 1

410 870

527

408 430

6.00

AM Serie A – Full Impact

6.30

TNT Sports Reload

7.00

Ultimate Pool Recent action.

8.30

Crouchy and Cole

9.00

Women's Bundesliga

10.00

The Football's On

11.00

ABB FIA Formula E World Championship Highlights

1.00 PM

WRC Review

2.00

Isuzu A-League Highlights

2.30

Ninja A-League Women Highlights Recent action.

3.00

Premier League Stories

3.30

Premier League Reload

3.45

Sign Up – Into Football

4.30

Premier League Netbusters

5.00

Premier League: Big Interview

5.30

Europa League Goals Show

11.00

Fight Night Bout previews.

11.30

NBA Tip-Off Match previews.

12.00

MT

LIVE

NBA Philadelphia 76ers v Boston Celtics.

Coverage of the Eastern Conference match from Wells Fargo Centre. Tip-off 12.00m't.

2.30

AM

LIVE

NBA San Antonio Spurs v Phoenix Suns.

Coverage of the Western Conference match from Moody Centre in Austin. Tip-off 2.30am.

5.00

to 6.00 AM Inside the NBA

TNT Sports 4

421

876

530

411

434

6.00

AM

Isuzu UTE A-League

11.00

Ninja A-League Women Highlights

Recent action.

11.30

NBA Originals

Karl Malone.

12.30

PM TNT Sports Reload

12.45

Fight Night

Beterbiev v Bivol.

1.00

LIVE

World Seniors Darts Championships

Coverage of the afternoon session on day two of the tournament staged at Circus Tavern in Purfleet, Essex.

5.00

Isuzu A-League Highlights

5.30

TNT Sports Reload

6.00

Serie A – Full Impact

6.30

NBA Action

The latest action.

7.00

LIVE

World Seniors Darts Championships

Coverage of the evening session on the second day of the tournament staged at Circus Tavern in Purfleet, Essex.

11.00

UFC

Another chance to see Jared Cannonier v Gregory Rodrigues.

2.00

AM UFC: The Ultimate Fighter

5.00

to 6.00 AM Premier League Legends

Sky Sports	Premier League
402 512 502 420 440	
6.00 AM	PL Greatest Games
7.00	Premier League Legends
8.00	Premier League Best Goals
9.00	Premier League 100 Club
10.00	The Football Show
12.00	NOON Gary Neville's Soccerbox Double bill.
1.00 PM	Premier League Years
3.00	PL Retro Chelsea v Manchester United from the 2011/12 season.
5.00	Premier League Best Goals A selection of memorable strikes from the 1992/93 season.
6.00	Premier League 100: Dion Dublin The former footballer looks back at his career.
6.30	Premier League 100: Darren Bent The striker takes a look back at his time in the top flight.
7.00	The Big Interview
7.30	Premier League Stories
8.00	Gary Neville's Soccerbox
9.00	The Big Interview
9.30	Premier League Stories
10.00	Premier League Icons
11.00	Premier League Years
1.00 AM	PL Retro Chelsea v Tottenham Hotspur in the 2015/16 season.
3.00	PL Greatest Games
4.00	Premier League Best Goals
5.30	to 6.00 AM Premier League 100 Club

TNT Sports 2

411 871 528 409 431

6.00

AM UEFA Champions League

10.00

UEFA Europa League & Conference League Magazine

11.00

Premier League Netbusters

11.30

Serie A – Full Impact

12.00

NOON Champions League

3.30

PM Superbike World Championship Season preview.

4.30

TNT Sports Reload

4.45

Champions League Highlights

6.45

UEFA Europa League & Conference League Magazine

7.45

LIVE UEFA Conference League Shamrock Rovers v Molde. The knockout phase play-off second-leg. Kick-off 8.00pm.

10.00

Premier League Reload

10.15

Serie A – Full Impact

10.45

TNT Sports Reload

11.15

Superbike World Championship

12.15

AM LIVE Superbike World Championship The first free practice session from Australia.

1.15

What I Wore Emmanuel Petit.

1.45

Formula E Highlights

3.45

LIVE Superbike World Championship Coverage of the Superpole session from Australia.

4.45

to 6.00 AM LIVE Superbike World Championship The second free practice session.

Eurosport 1

413 870 521 412 435

6.00	AM	Alpine Skiing	From Austria.
7.00		Biathlon	From Switzerland.
8.00		Australian Open Tennis	
11.00		Snooker: World Open	
1.00	PM	Biathlon	From Switzerland.
2.50		LIVE Biathlon	The single mixed relay at the World Championships in Lenzerheide, Switzerland.
4.05		Alpine Skiing	Combined downhill action from Saalbach, Austria.
6.00		Australian Open Tennis	Action from the Grand Slam event.
7.00		Biathlon	The single mixed relay in Lenzerheide, Switzerland.
8.00		Snooker: World Open	Judd Trump v Ding Junhui in the final.
10.00		Show Jumping	Recent action.
11.00		Cycling: Tour of Andalusia	
12.00		M'T Cycling: Men's UAE Tour	
1.00	AM	Cycling: Tour of Algarve	
2.00		Biathlon	From Switzerland.
3.00		Alpine Skiing	From Austria.
4.00		Cycling: Tour of Algarve	
5.00		to 6.00 AM Cycling:	
		Men's UAE Tour	

Sky Sports	Football
403 513 503 421 441	
6.00 AM	EFL Cup The 2010 final.
8.00	There's Only One Sauzee
8.30	Dundee United: Champions 83
9.00	EFL Greatest Games
10.00	Championship Season Review
11.00	Best Goals: EFL Cup 2020/21
11.30	EFL Trophy Football
12.00	NOON EFL Highlights
12.30	PM WSL Action from Manchester City v Liverpool.
1.00	EFL Highlights
3.00	Bundesliga Highlights Show
4.00	EFL Highlights
6.30	Bundesliga Weekly
7.00	EFL Highlights Championship.
8.00	Scottish Premiership Round-Up
8.15	SPFL Highlights Action from Hearts v Rangers at Tynecastle.
8.30	Bundesliga Weekly
9.00	Bundesliga Highlights Show
10.00	Scottish Premiership Round-Up
10.15	SPFL Highlights
10.30	EFL Highlights Action from Luton Town v Plymouth Argyle.
10.45	Preston v Burnley.
11.00	Bundesliga Weekly
11.30	EFL Greatest Games
12.00	M'T There's Only One Sauzee
12.30	AM SPFL Goals of the Season
2.00	to 6.00 AM SPFL Greatest Games

TNT Sports 3

417 874 529 410 432

6.00

AM Test Cricket Highlights

12.00

NOON Test Cricket Highlights

4.00

PM Ultimate Pool Group Seven of the Champions League.

5.30

LIVE UEFA Europa League AS Roma v FC Porto. Coverage of the knockout phase play-off second-leg match from Stadion Olimpico. Kick-off is at 5.45pm.

7.45

LIVE UEFA Europa League Anderlecht v Fenerbahce. Coverage of the knockout phase play-off second-leg fixture from Lotto Park. Kick-off 8.00pm.

10.00

NBA Action A round-up of the latest highlights from the NBA.

10.30

Isuzu A-League Highlights

11.00

Ninja A-League Women Highlights Action from the 16th round of fixtures.

11.30

Football Archives: UEFA Champions League

12.00

M/T UEFA Europa League Action from AS Roma v FC Porto.

12.30

AM Highlights from Anderlecht v Fenerbahce.

1.00

UEFA Conference League

1.30

WRC Review Rally Sweden.

2.30

Ultimate Pool Recent action.

4.00

to 6.00 AM Football Archives: UEFA Champions League

Eurosport 2

414 871

522 413 436

6.00

AM Snooker: Scottish Open

8.00

Cycling: Tour of Andalusia

8.55

Cycling: Tour of Algarve

9.50

Cycling: Men's UAE Tour

10.50

LIVE

Cycling: Men's UAE Tour
Coverage of the fourth stage.

12.30

PM

Cycling: Strade Bianche

1.00

LIVE

Cycling: Tour of Andalusia
The second stage.

2.35

Cycling: Omloop Het Nieuwsblad
From Belgium.

3.00

LIVE

Cycling: Tour of Algarve
Coverage of stage two.

4.45

Cycling: Omloop Het...

5.00

Snooker: Welsh Open

7.00

Cycling: Tour of Andalusia

8.00

Cycling: Men's UAE Tour

9.00

Cycling: Tour of Algarve

10.00

Biathlon
From Switzerland.

11.00

World Superbikes

2.00

AM Cycling: Men's UAE Tour

3.00

Cycling: Tour of Andalusia

4.00

Alpine Skiing
From Austria.

5.00

to 6.00 AM Biathlon

Sky Sports	Cricket
404 514 504 422 442	
6.00 AM	Best of ICC WT20
6.30	ICC Men's T20 World Cup
8.30	LIVE ICC Champions Trophy Cricket Bangladesh v India. Coverage of the Group A match at Dubai International Stadium in the United Arab Emirates. India were runners-up to Pakistan when the competition was last staged in 2017, beating today's opponents by nine wickets in the semi-finals.
5.30 PM	Best of ICC WT20 Action from England v India in 2007.
5.45	England v India from 2009.
6.00	ICC Men's T20 World Cup Action from the 2024 final between South Africa and India at Kensington Oval in Bridgetown.
7.00	ICC Men's Cricket World Cup '23: Made In India India's passion for cricket through its culture and landscapes during the ICC Men's Cricket World Cup 2023.
8.30	Best of ICC WT20 From 2007.
9.00	ICC Champions Trophy Cricket Highlights of Bangladesh v India.
10.00	ICC Champions Trophy Cricket
1.00 AM	WPL Another chance to see UP Warriorz v Delhi Capitals.
4.40	Ashes Greats Player profiles.
5.00	to 6.00 AM IPL

Sky Sports	Action
408 517 507 426 446	
6.00 AM	Super League Highlights
7.00	Fight Night International
8.00	Premier League Darts
12.00	NOON NFL Bitesize Highlights
1.00 PM	Good Morning Football
3.00	Fight Night International
5.00	NBC's Pro-Football Talk
7.00	Super League Highlights
7.30	LIVE Super League Wakefield Trinity v Hull Kingston Rovers. Coverage of the match from the second round of fixtures staged at DIY Kitchens Stadium. Kick-off is at 8.00pm.
10.15	Fight Night International A chance to see Artur Beterbiev v Dmitry Bivol from October 2024.
11.15	NFL Bitesize Highlights Minnesota Vikings v Green Bay Packers in the 2023/24 season.
11.30	Highlights of Kansas City Chiefs v Cincinnati Bengals from the 2023/24 season.
11.45	Miami Dolphins v Buffalo Bills from the 2023/24 season.
12.00	M'T The Insiders The latest news.
1.00 AM	Super League
3.45	NFL Bitesize Highlights
4.45	Super League Highlights
5.00	to 6.00 AM NFL Bitesize Highlights

Sky Sports	Sky Sports+
412 518 508 427 447	
6.00 AM	Sky Sports News
6.30	Back Pages Tonight
7.00	Good Morning Sports Fans
10.00	LIVE WTA Tennis Day five of the Dubai Tennis Championships from Aviation Club Tennis Centre.
11.30	LIVE ATP Tennis Coverage of the fourth day of the ATP Qatar Open from Khalifa International Tennis and Squash Complex.
7.00 PM	LIVE Premier League Darts The third round of the season from 3Arena in Dublin.
11.00	LIVE ATP Tennis Coverage of the fourth day of the ATP Rio de Janeiro Open from Jockey Club Brasileiro in Rio de Janeiro, Brazil.
2.00 AM	Sky Sports News
2.30	Back Pages Tonight
3.00	Sky Sports News
3.30	Back Pages Tonight
4.00	Sky Sports News
4.30	Back Pages Tonight
5.00	Sky Sports News
5.30	to 6.00 AM Back Pages Tonight

Sky Sports	Golf
405 515 505 423 443	
6.00 AM	LIVE LPGA Tour Golf Coverage of the opening day of the Honda LPGA Thailand from Siam Country Club in Pattaya.
8.00	Ladies European Tour Golf
9.00	HotelPlanner Tour Golf Highlights NTT DATA Pro Am.
9.30	Golf's Greatest Holes
10.00	LIVE DP World Tour Golf Coverage of the first day of the Magical Kenya Open at Muthaiga Golf Club in Nairobi, where Darius van Driel was victorious last year.
3.00 PM	LIVE PGA Tour Golf Coverage of the opening day of the Mexico Open staged at VidantaWorld in Vallarta, Mexico.
12.00	M'T Golf's Greatest Holes
12.30	AM HotelPlanner Tour Golf Highlights Recent action.
1.00	PGA Tour Champions
2.00	Golf Academy Expert tips.
3.00	PGA Tour Golf Mexico Open.
5.00	to 6.00 AM Nick Dougherty's Tee Time Tips

Sky Sports	Tennis
407 537 520 425 445	
6.00 AM	WTA & ATP Tennis
10.00	LIVE WTA & ATP Tennis Coverage from the Tours, featuring the WTA Dubai Tennis Championships, ATP Doha Open and ATP Rio de Janeiro Open.
7.30 PM	LIVE ATP Tennis The fourth day of the ATP Rio de Janeiro Open, a day-court tournament at Jockey Club Brasileiro in Brazil.
2.00 AM	Bitesize Tennis
2.45	Frances Tiafoe Podcast 2024
3.00	to 6.00 AM WTA Tennis

Sky Sports	Mix
416 873 510 429 449	
6.00 AM	Super League Highlights
7.00	PGA Tour Champions
8.00	Ladies European Tour Golf
9.00	Fight Night International
11.00	Super League Highlights
12.00	NOON ATP Tennis A recent final.
1.00 PM	PGA Tour Champions
2.00	Ladies European Tour Golf
3.00	Fight Night International
5.00	ICC Champions Trophy Cricket
5.30	Super League Highlights
6.00	Fight Night International Naoya Inoue v Ye Joon Kim.
7.00	Naoya Inoue v Luis Nery.
8.00	Naya Inoue v TJ Doherty.
9.00	A chance to see O'Shaquie Foster v Abraham Nova.
10.00	Another chance to see Artur Beterbiev v Dmitry Bivol.
11.00	ICC Champions Trophy Cricket
12.00	M'T Super League Highlights
12.30	AM Premier League Darts
4.30	Super League Highlights
5.00	to 6.00 AM Nick Dougherty's Tee Time Tips

Sky Sports	F1
406 516 506 424 444	
6.00 AM	Ted's Notebook
6.30	Formula 1 Another chance to see the 2024 Italian Grand Prix, the 16th round of the season at Autodromo Nazionale Monza.
11.05	Ted's Notebook
11.35	Ted and Movie Star Brad Pitt
11.45	The F1 Wheelchair
12.00	NOON Formula 1 A chance to see the 2024 Azerbaijan Grand Prix, the 17th round of the season staged at Baku City Circuit.
4.45	PM Ted's Notebook
5.15	Nicolas Hamilton
6.00	Formula 1 Another chance to see the 2024 Singapore Grand Prix, the 18th round of the season staged at Marina Bay Circuit.
10.30	Ted's Notebook
11.00	The Rookie's Documentary.
12.00	M'T to 6.00 AM The Home of F1

Factual



Extraordinary Portraits with Bill Bailey

BBC1, 7.30pm

Bill tasks David James (left) with painting former England footballer Gill Sayell.

Football



Women's Nations League

ITV1, k-o 7.45pm

A win for the Lionesses against Portugal tonight will be valuable in a tough group that includes world champions Spain.

OnDemand



A Thousand Blows

Available today

Malachi Kirby stars in this drama set in the world of illegal boxing in Victorian London. Also stars Stephen Graham.



NEW

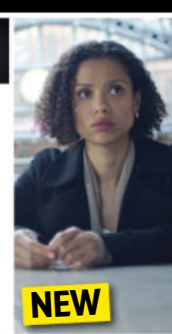
OnDemand



Surface

Available today

As the drama returns for a second series, Sophie (Gugu Mbatha-Raw) heads to London for more answers.



NEW

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

101 BBC1	7.00 The One Show	7.30 Extraordinary...	8.00 Would I Lie to...	8.30 Amanda &...	9.00 Death in Paradise	10.00 News; Local News	10.40 Graham...
102 BBC2	7.00 Pompeii: The New Dig		8.00 Gardeners' World		9.00 Uncanny	10.00 Uncanny...	10.30 Newsnight
103 ITV1	7.00 Emmerdale	7.30 UEFA Women's Nations League - Live: Portugal v England (Kick-off 7.45)				10.00 News; Local News	
104 CHANNEL 4	7.00 News	7.30 Food...	8.00 One Question		9.00 Gogglebox	10.00 The Last Leg	
105 CHANNEL 5	7.00 ASDA: What's Gone Wrong?		8.00 The Good Ship Murder		9.00 Eric Sykes: 50 Years of Laughs		10.30 The Eric Sykes...
106 SKY SHOWCASE	7.00 The Simpsons		8.00 An Idiot Abroad		9.00 Hacks	10.20 A League of Their Own	

ENTERTAINMENT

115 BBC3	7.00 Top Gear		8.00 Glow Up: Britain's Next Make-Up Star		9.00 The Traitors US	10.00 Funboys	10.25 This Country
116 BBC4	7.00 TOTP: 1997		8.00 TOTP: 1977	8.30 TOTP: 1982	9.00 Lindisfarne's Geordie Genius: The Alan...	10.00 Rock Goes to...	10.30 Folk Hibernia...
118 ITV2	7.00 Deal or No Deal		8.00 Gordon Ramsay's Food Stars USA		9.00 Film: Save the Last Dance		
136 MORE4	6.55 Car S.O.S.		7.55 Grand Designs		9.00 Astrid: Murder in Paris	10.05 24 Hours in A&E	
135 E4	7.00 The Simpsons	7.30 Modern Family	8.00 The Simpsons		9.00 Film: Little Fockers		
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 FBI: Most Wanted	10.00 The Equalizer	
108 SKY ATLANTIC	6.45 Billions		7.55 Game of Thrones		9.00 The Last of Us		10.30 Homicide...
110 U&GOLD	6.45 Dad's Army		8.00 The Good Life	8.40 The Vicar of Dibley		10.00 The Cleaner	10.35 The Good...
111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games		9.00 QI XL		10.00 Have I Got a Bit More News for You	
119 ITV3	6.55 Heartbeat		8.00 Midsomer Murders			10.00 Endeavour	
120 ITV4	6.55 The Motorbike Show		8.00 Giant Lobster Hunters		9.00 Film: Nighthawks		
112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show	10.00 Kevin Bridges Live in Glasgow	
139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm	10.00 The Walking Dead	
113 SKY MAX	7.00 Stargate SG-1		8.00 An Idiot Abroad		9.00 Hacks		10.20 A League of Their Own
109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Father Brown	10.00 Death in Paradise	
130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Beach Boys: Good Vibrations Tour		9.00 California Dreamin': The Songs of the Mamas and the...	10.20 Sunshine Superman...	
132 U&W	7.00 MasterChef USA		8.00 Inside the Ambulance		9.00 999 Rescue Squad		

DOCUMENTARY

125 DISCOVERY	7.00 Salvage Hunters		8.00 Gold Rush		9.00 Mystery at Blind Frog Ranch	10.00 Moonshiners	
162 ANIMAL PLANET	7.00 Life at Vet University		8.00 I'm Alive		9.00 I Was Prey	10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash Investigation				9.00 Draining Loch Ness: In Search of the...	10.00 UFOs: Investigating the Unknown	
123 SKY HISTORY	7.00 Forged in Fire		8.00 River Hunters		9.00 Combat Ships	10.00 Ancient Aliens: Origins	
155 U&YESTERDAY	7.00 Guy Martin's Great Escape				9.00 Abandoned Engineering	10.00 Bangers & Cash	
121 SKY DOCS	7.00 Music Box				9.00 Fatboy Slim: Right Here, Right Now		

FILMS - Sky Cinema

301 PREMIERE	5.25 Furiosa: A Mad Max Saga		8.00 The Watched		10.00 The Bikeriders		
302 AWARDS SEASON	6.05 She Came to Me		8.00 The Truman Show		10.00 Promising Young Woman		
303 HITS	6.00 Bad Boys: Ride or Die		8.00 Fast X			10.25 Mission...	
304 GREATS	5.35 The Lawnmower Man		8.00 Star Trek V: The Final Frontier		9.50 Star Trek VI: The Undiscovered Country		
305 ANIMATION	7.05 Spider-Man: Across the Spider-Verse			9.30 Mummies			
306 HARRY POTTER	5.30 Harry Potter and the Deathly...		8.00 Harry Potter and the Deathly Hallows: Part II		10.15 Harry Potter and the...		
307 ACTION	6.20 Hancock		8.00 Wonder Woman			10.25 Pain & Gain	
308 COMEDY	6.25 Daddy Day Care		8.00 Couples Retreat		10.00 Forces of Nature		
309 THRILLER	6.10 Dangerous Waters		8.00 Captain Phillips			10.20 Bad Boys	
310 DRAMA	5.40 Defiance		8.00 Dunkirk		9.50 Spotlight		
311 SCI-FI	6.15 The Nun		8.00 It			10.20 Minority Report	
313 FILM4	6.40 Ad Astra			9.00 The Godfather			

SPORT

401 MAIN EVENT	5.30 Golf - Live	7.30 FNF - Live: Leicester City v Brentford (Kick-off 8.00)		10.30 Golf - Live			
402 PREMIER LEAGUE	7.00 PL Stories	7.30 FNF - Live: Leicester City v Brentford (Kick-off 8.00)		10.30 Big Interview			
403 FOOTBALL	7.00 EFL Highlights	7.30 EFL - Live: Burnley v Sheffield Wednesday (Kick-off 8.00)		10.30 SPFL Special...			
404 CRICKET	7.00 ICC Champions Trophy Cricket	8.00 WPL	9.00 ICC Champions Trophy Cricket	10.00 WPL			
410 TNT SPORTS 1	7.00 PL Big Interview	7.30 Allianz Premiership Women's Rugby - Live: Gloucester-Hartpury RFC v Harlequins (Kick-off 7.45)		10.00 UEFA Magazine	10.30 UEFA Europa...		
411 TNT SPORTS 2	6.30 NBA		9.30 The Club That George Built				



BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM Breakfast (S)
9.30 Morning Live **New edition** (S)
10.45 Critical Incident (S)(R)
11.15 Homes Under the Hammer (S)(R)
12.15 PM Bargain Hunt **New edition** (S)
1.00 BBC News (S)
1.35 Local News (S)
1.45 BBC News (S)
2.00 Father Brown **New episode**
The Deserving Poor: 7/10. Blind 'Arry is arrested for murder. Guest stars Anita Dobson. (S12) (S)(AD)
2.45 Escape to the Country **New edition** From Anglesey. (S)
3.45 Garden Rescue (S)(R)
4.30 Antiques Road Trip **New edition**
 Danny Sebastian and Irita Marriott explore Sussex on the final leg. (S)
5.15 Pointless **New edition** Quiz. (S)
6.00 BBC News (S)
6.30 Local News (S)



9.00 Death in Paradise

- 7.00** The One Show
 Alex Jones and Roman Kemp present the topical show. (S)
7.30 Extraordinary Portraits with Bill Bailey **New edition** 3/6. Goalkeeper-turned-painter David James is paired with Gill Sayell. (S)(AD)

- 8.00** Would I Lie to You? **New edition** With John Cooper Clarke, Lucia Keskin, Kadiff Kirwan and Sara Pascoe. (S)
8.30 Amanda & Alan's Spanish Job **New edition** 5/8. The bathroom. (S)(AD)
 ■ Entire series on BBC iPlayer

- 9.00** Death in Paradise **New episode** 4/8. A distillery owner is poisoned during a tasting of his premium rum. However, the case is shrouded in mystery when it's revealed all the guests drank from the same bottle. (S14) (S)(AD)

- 10.00** BBC News (S)
10.30 Local News (S)
10.40 The Graham Norton Show **New edition** 20/21. The host is joined by guests including Ewan McGregor, Kate Hudson and Naomie Harris. Plus, Self Esteem performs her new single *Focus Is Power*. (S)
11.25 **NEW** MOBO Awards: Access All Areas DJ Target enjoys exclusive access at the ceremony honouring achievements in music of black origin being staged at the Utilita Arena in Newcastle. (S)
12.25 AM **FILM** The Best Man Comedy starring Taye Diggs and Nia Long. (S) (1999, 15, 115min) ★★
2.20 Weather for the Week Ahead Seven-day forecast. (S)
2.25 to **6.00** AM BBC News (S)

BBC2

- 102** **102** **2** **102** **102**
- 6.30** AM Antiques Road Trip (S)(R)
7.15 The Repair Shop on the Road (R)
8.00 Sign Zone: Alison Hammond's Florida Unpacked (S)(R)(AD)
8.30 Sign Zone: Joanna Page's Wild Life A hedgehog is brought in. (R)
9.00 BBC News (S)
1.00 PM Impossible Quiz show. (S)(R)
1.45 Bridge of Lies Game show. (S)(R)
2.30 The Tournament Quiz show. (S)(R)
3.15 Dynasties (S)(R)(AD)
4.15 Secret Britain (S)(R)(AD)
5.15 Flog It! From Aberystwyth. (S)(R)
6.00 Richard Osman's House of Games **New edition** Chris Bisson, Danielle Harold, Katharine Merry and Robert Webb take part. (S)
6.30 Robson Green's Weekend Escapes **New edition** 10/15. The host and three family members head to County Durham. (S)(AD)



9.00 Uncanny

- 7.00** Pompeii: The New Dig Documentary following an archaeological excavation at the ancient Roman city, showing what life was like in Pompeii before and after the eruption in AD 79. (S)(R)(AD)

- 8.00** Gardeners' World **New edition** 2/4. Compilation edition. Monty Don creates a seating area, Adam Frost explores the garden of U2 star Adam Clayton, and Advolly Richmond visits Plas Brondanwg Gardens in Gwynedd. (S)

- 9.00** Uncanny **Series finale** 4/4. Danny Robins hears the story of a young family who moved to a new dream house where something terrifying apparently lurks – focused, it seems, on daughter Emily's room. (S)(AD)

- 10.00** Uncanny: Post Mortem **Series finale** 4/4. Danny Robins takes a deeper dive into the latest case, and Charlie Cooper offers his thoughts. (S)(AD)

- 10.30** Newsnight (S)

- 11.00** Weather (S)
11.05 **FILM PREMIERE** God's Creatures Drama starring Emily Watson and Paul Mescal. A woman's willingness to help her recently returned son has major repercussions in their fishing community. (S) (2022, 15, 95min) ★★ ★★ See review, page 27
12.40 AM Sign Zone: Idris Elba – Our Knife Crime Crisis Confronting the reality of knife crime. (S)(R)(AD)
1.40 Sign Zone: Great British Menu (R)
2.40 to **6.00** AM Previews (S)

ITV1

- 103** **103** **803** **103** **3** **103** **103** **103**
- 6.00** AM Good Morning Britain (S)
9.00 Lorraine (S)
10.00 This Morning (S)
12.30 PM Loose Women Topical debate from a female perspective. (S)
1.30 ITV News (S)
1.55 Local News (S)
2.00 Dickinson's Real Deal David Dickinson and his team visit Newark Showground in Nottinghamshire, where they take a look at a silver tankard dug up by a cat. (S)(R)
3.00 Tenable Warwick Davis hosts as four brothers and their father face questions about top 10 lists. (S)(R)
4.00 Tipping Point **New edition** Game show hosted by Ben Shephard. (S)
5.00 The Chase **New edition** Quiz show hosted by Bradley Walsh. (S)
6.00 Local News (S)
6.30 ITV News (S)



7.00 Emmerdale

- 7.00** Emmerdale Villagers grieve, the police have questions, and a relationship breaks down. (S)(AD)

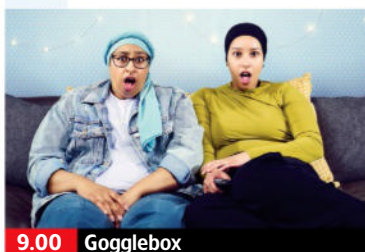
- 7.30** **LIVE** Football: Women's Nations League Portugal v England: Seema Jaswal presents all the action from both teams' opening Group A3 match, held at Estadio Municipal de Portimão. England are unbeaten in their last three meetings with Portugal, drawing one and winning two, and both teams will be determined to get off to a winning start in a strong group also containing Belgium and world champions Spain. With analysis from Ian Wright and Karen Carney, commentary by Seb Hutchinson and Lucy Ward, and reports from Katie Shanahan. Kick-off is at 7.45. See feature, page 28. (S)

- 10.00** ITV News (S)
10.35 Local News (S)
10.45 The 1% Club Quiz show hosted by Lee Mack in which the questions are all about logic and common sense, with 100 contestants in every show having a chance of winning up to £100,000. (S)(R)
11.40 Olivia Attwood's Bad Boyfriends 4/12. Tom T and Viktor clash, one couple make a tearful exit, and Olivia confronts the boys with their worst nightmare. (S)(R)
12.30 AM **Teleshopping**
3.00 Inside China: The Battle for Tibet Documentary. (S)(SL)(R)(AD)
4.10 Unwind with ITV (S)
5.05 to **6.00** AM M&S: Dress the Nation (S)(SL)(R)(AD)

+1 hour 203 303 35 112

CHANNEL 4

- 104** **104** **108** **804** **108** **4** **104** **104** **106**
- 6.25** AM Cheers 5-7/22. (S2) (S)(R)
7.45 Everybody Loves Raymond (S)(R)
9.10 Frasier (S8) (S)(R)(AD)
11.10 Ramsay's Kitchen Nightmares USA Catch-up edition. (S)(R)
12.05 PM News (S)
12.10 Sun, Sea and Selling Houses (R)
2.10 Countdown **New edition** (S)
3.00 A Place in the Sun (S)(R)
4.00 A New Life in the Sun **Series finale**
 The summer season comes to a close for Paul and Fiona. (S)
5.00 Four in a Bed **New edition**
 The week's scores are revealed and the winner announced. (S)
5.30 Come Dine with Me **New edition**
 Hair salon owner Sarah hosts the final dinner party in Leeds. (S)
6.00 A Place in the Sun **New edition**
 A Leicester couple seek a property in Mojácar, south-east Spain. (S)



9.00 Gogglebox

- 7.00** News (S)
7.30 Food Unwrapped's Caribbean Adventure Andi Oliver and Matt Tebbutt unearth the secrets of Caribbean cuisine. (S)(R)(AD)

- 8.00** One Question **New edition** 2/6. Claudia Winkelman hosts as lifelong friends Colette and Patricia, and father and daughter David and Emily compete to win a £100,000 prize. (S)

- 9.00** Gogglebox **New edition** The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and lively discussions. (S)(AD)

- 10.00** The Last Leg **New edition** Adam Hills, Josh Widdicombe and Alex Brooker are joined by guests Lenny Henry, Oti Mabuse and Jamali Maddix for a comic review of the significant moments from the past seven days. (S)
11.05 First Dates A 19-year-old man goes on the first date of his life, making a series of blunders. (S)(R)
12.10 AM Sarah Millican: Chatterbox Live Stand-up show. (S)(R)
1.05 **FILM** The Ritual Horror starring Rafe Spall and Robert James-Collier. (S) (2017, 15, 95min) ★★
2.40 Location, Location, Location (R)
3.35 Kirstie and Phil's Love It or List It From Stevenage. (S)(SL)(R)(AD)
4.30 to **6.05** AM Frasier (S)(R)

+1 hour 204/208 304 15 121

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.50 AM Milkshake!**
9.15 Jeremy Vine (S)
11.30 Storm Huntley (S)
12.45 PM GPs: Behind Closed Doors
 Patient Paula comes in to see Dr Amir Khan about her painful, twitching ear. (S)(R)
1.40 News (S)
1.45 Home and Away (S)(R)(AD)
2.15 FILM You Belong to Me
 Drama starring Vivica A Fox. (S) (2019, PG, 105min) ★★
4.00 Bargain-Loving Brits in the Sun
 Michelle moves into her new home with her family. (S)(R)
5.00 News (S)
6.00 Our Great Yorkshire Life
 Jo Ounsley, her husband Phil and concierge Sally prepare to look after Bengal Romeo. (S)(R)
6.55 News (S)

NEW



9.00 Eric Sykes: 50 Years of Laughs

- 7.00 ASDA: What's Gone Wrong?**
 The challenges facing Britain's third-largest supermarket, including staff disputes and heavy debt. (S)(R)
7.55 News (S)

- 8.00 The Good Ship Murder**
Series finale Athens: 7/7.
 A stolen artefact tied to true love becomes the centrepiece of a heist that leaves a security guard dead. Rumours of Jack's kiss with Cassie spark chaos. (S2) (S)(AD)
9.00 NEW Eric Sykes: 50 Years of Laughs
 A portrait of the much-loved writer, actor and director, whose career spanned over six decades. Featuring interview footage with Eric, previously unseen on British television. (S)
10.30 The Eric Sykes Show
 The comedian writes, plays, acts, sings and dances in this show where he reveals a few of his favourite things. Guests include Hattie Jacques, Peter Cook, Irene Handl and Jimmy Edwards. (S)(R)
11.40 FILM Bridget Jones: The Edge of Reason
 Romantic comedy sequel with Renée Zellweger, Colin Firth and Hugh Grant. (S) (2004, 15, 115min) ★★★
1.35 AM PlayOJO Live Casino Show
3.35 Traffic Cops (S)(R)
4.25 Million Pound Motorhomes (R)
5.10 Wildlife SOS (S)(SL)(R)
5.35 to 5.40 AM
 Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM Sky News Breakfast**
7.00 Breakfast with Anna Jones
8.00 Border Patrol (S)(R)
9.00 Stargate SG-1 (S2) (S)(R)
11.00 Wildlife ER (S)(R)
12.00 NOON The Flash (S7) (S)(R)
1.00 PM S.W.A.T. (S7) (S)(R)(AD)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 Magnum P.I. (S5) (S)(R)(AD)
5.00 The Simpsons Hostile Kirk Place:
 Kirk goes on a crusade to censor the school curriculum. (S)(R)
5.30 Not It: Young Homer and his friends are terrorised by a scary killer clown. (S)(R)
6.00 The Office (US) 9/24.
 Robert California puts Andy in a tricky situation. (S)(R)
6.30 10/24.
 Andy tries to make each employee's Christmas wishes come true. (S8) (S)(R)



9.00 Hacks

- 7.00 The Simpsons**
Pin Gal: A mysterious figure from Marge's past returns to coach her for a 10-pin bowling tournament. (S)(R)
7.30 Fan-Ily Feud:
 Homer faces the wrath of a pop star's vengeful fans. (S)(R)

- 8.00 An Idiot Abroad**
 4/8. Karl Pilkington travels to Mexico and immerses himself in the country's culture, before heading for Chichen Itza, home to temples built between the ninth and 12th centuries. (S)(R)(AD)
9.00 Hacks
New episodes Falling: 5/10.
 Ava reels from a surprise encounter with a group of former colleagues. (S)(AD)
9.40 New Eyes: 6/10.
 While Deborah recovers from surgery, she and Ava bond when Deborah dispels a major misperception about her past. (S1) (S)(AD)
10.20 A League of Their Own
 7/8. Ex-Everton manager Sean Dyche and retired boxer Tony Bellew take to the panel, alongside comedian Alan Carr and the regulars. (S)(R)
11.20 Boyzone: No Matter What
 3/3. Charting the band's split which came to an end when Mikey proposed a reunion. The comeback proved a huge hit – but then tragedy struck. (S)(R)
12.20 AM Sex and the City (S3) (S)(R)
1.35 Road Wars
 Double bill. (S)(R)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 Magnum P.I. (S5) (S)(R)(AD)
5.00 to 6.00 AM Motorway Patrol

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
 Sky 964, Virgin 862, Freesat 964
11.25pm The Chief (S)(R)
11.55 A View from the Terrace (S)(R)
12.55am NEW MOBO Awards:
 Access All Areas (S) **1.55**
 Weather for the Week Ahead (S) **2.00-6.00am**
 BBC News (S)

N. IRELAND
 Sky 966, Virgin 863, Freesat 966
 No variations

WALES
 Sky 965, Virgin 864, Freesat 965
7.00pm The Six Nations Greatest Moments
New edition (S) 7.30-8.00pm
 Chris Cooks Cymru **Series finale (S)**

BBC2

N. IRELAND
 Sky 969, Freesat 969
 No variations

WALES
 Sky 968, Freesat 968
4.15pm Flog It! (S)(R)
5.00 LIVE Match of the Day Wales (S) 7.15 The One Show (S) 7.45-8.00pm
 Hairy Bikers: Namibian BBQ (S)(R)

ITV1
 No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cwyl 12.00noon
 Newyddion a'r Tywydd
12.05pm Bois y Pizza:
 Chwef Gwlad (AD) **12.30**
 Heno **1.00** Yn y Fan a'r Lle (AD) **1.30** Y Fets (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Ty Ffit **4.00** Awr Fawr **5.00** Stwnsh **6.00** Welsh Whisperer – Ni'n Teithio Nawr! (AD) **6.30** Heno **New edition**
7.00 Newyddion a'r Tywydd **7.25 LIVE** Clwb Rygbi Rhyngwladol – Dan 20 **9.50** Pêl-Droed Rhyngwladol **10.50-11.55pm** Jonathan

TV&Satellite
New issue
on sale
now

BBC3

115/117/121 107/113 23 107 107
 BBC3 programmes start at 7.00pm



- 7.00 PM Top Gear**
 The team try to prove that cars can be art.
7.55 The Catch Up
8.00 Glow Up: Britain's Next Make-Up Star 8/8.
 The finalists present a masterclass at Harvey Nichols in front of industry heavyweights.
9.00 The Traitors US
New edition 9/12.
 A heated rivalry comes to a head.
10.00 Funboys New episode
 2/4. Callum moves in with Lorcan and his father, a man regarded as the biggest rotter in Ballymacnoose. (S1) **Entire series on BBC iPlayer**
10.25 This Country 3/6.
 Kerry and Kurtan await the release of their uncle from prison.
10.50 4/6.
 Kerry is inspired to become a door-to-door saleswoman. (S1)
11.10 Hunting the Catfish
 Crime Gang Documentary.
12.10 AM Boarders 5/6. (S2)
1.00 Top Gear
 As 7.00pm.
2.00 Glow Up: Britain's Next Make-Up Star
 As 8.00pm.
2.55 Normal People
3.30 to 4.00 AM Funboys

MORE4

136/137 831 147 18 124

- 8.55 AM Kirstie's Handmade Treasures**
 Book-binding.
9.15 A Place in the Sun
10.05 A New Life in the Sun
11.05 Find It, Fix It, Flog It
1.05 PM Car S.O.S
2.05 Four in a Bed
4.50 Chateau DIY
 Alison and Zion's fairy-tale turret reveals a rotten secret.
5.50 Car S.O.S
 Fuzz Townshend and Tim Shaw secretly restore a 1983 Citroën 2CV.
6.55
 Tim and Fuzz restore a 1987 MG Metro 6R4.
7.55 Grand Designs
 Kevin McCloud meets two artists who are battling the elements to build a home on the Isle of Skye, with a second building alongside to use as their art studio.
9.00 Astrid: Murder in Paris
New episode Madman's Sacrifice: 5/8.
 A chess champion collapses in the middle of a tournament, and turns out to have been poisoned. Raphaëlle and Astrid need to find out who will stop at nothing to win. Subtitled. (S4)
10.05 24 Hours in A&E
 A 27-year-old is brought in after being thrown from his motorbike at speed.
11.10
 A woman is rushed in with an open ankle fracture.
12.15 AM 999: On the Front Line
1.20 24 Hours in A&E
3.30 to 4.00 AM
 Food Unwrapped

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108
 BBC4 programmes start at 7.00pm



- 7.00 PM TOTP: 1997**
 With Mary J Blige and Sinead O'Connor.
7.30
 Featuring No Mercy, Placebo and Skunk Anansie.
8.00 TOTP: 1977
 Music from Barbara Dickson and ELO.
8.30 TOTP: 1982
 Featuring Toni Basil, Madness and UB40.
9.00 Lindisfarne's Georgie Genius: The Alan Hull Story
 Sam Fender remembers the poet, songwriter and musician.
10.00 Rock Goes to College: Lindisfarne
 A 1978 show at Essex University, Colchester.
10.30 Folk Hibernia at the BBC
 A celebration of the finest in Irish folk music.
11.30 Sounds of the Sixties: The Folk Revival
M/T Old Grey Whistle Test Special: John Martyn in Concert
 A 1978 concert.
12.30 AM TOTP: 1997
 Double bill.
1.30 TOTP: 1977
 As 8.00pm.
2.00 TOTP: 1982
 As 8.30pm.
2.30 Lindisfarne's Georgie Genius: The Alan Hull...
3.30 to 4.00 AM Rock Goes to College: Lindisfarne

E4

135/136 830 106 13 122

- 6.00 AM Modern Family**
6.55 Rude(ish) Tube Shorts
7.00 Ramsay's Kitchen Nightmares USA
8.00 Brooklyn Nine-Nine
9.00 Young Sheldon
10.00 The Big Bang Theory
11.00 Modern Family
12.30 PM The Big Bang Theory
2.00 Young Sheldon
3.00 Modern Family
4.00 The Simpsons
5.00 The Big Bang Theory
6.30 The Simpsons
 Double bill.
7.30 Modern Family 8/24.
 Mitchell and Cam's party girl friend Sal comes to visit. (S1)
8.00 The Simpsons Special Edna (AKA Love and Marking):
 Bart takes pity on Mrs Krabappel.
8.30 The Dad Who Knew Too Little:
 Homer hires a private detective to spy on Lisa.
9.00 FILM Little Fockers
 Comedy sequel with Robert De Niro, Ben Stiller, Owen Wilson and Dustin Hoffman. A hapless male nurse must prove to his tough father-in-law that he is worthy of one day taking his place as the family patriarch. (2010, 12, 94min) ★★★
10.55 Naked Attraction
1.05 AM Gogglebox
2.05 First Dates
3.05 Naked Attraction
4.00 Abbott Elementary
4.25 Brooklyn Nine-Nine
5.20 to 6.00 AM The Goldbergs

+1 hour 235/236 306 30 123

Friday

primetime

primetime

7 PM

8 PM

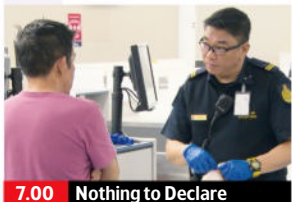
9 PM

10 PM

Sky Witness

107 807 110 341 356

- 6.00 AM Stop, Search, Seize
- 7.00 Motorway Patrol
- 8.00 Border Patrol
- 9.00 Send in the Dogs
- 10.00 Border Security: America's Front Line Double bill.
- 11.00 Customs UK
- 12.00 NOON The Good Doctor (S1)
- 1.00 PM Brit Cops: Frontline Crime UK Police officers in west Wales deal with a dangerous domestic incident.
- 2.00 Caught on Dashcam
- 3.00 Stop, Search, Seize
- 4.00 Nothing to Declare



7.00 Nothing to Declare

7.00 **Nothing to Declare**
A man is reluctant to give up his smoking tobacco.
7.30 A woman may be carrying a deadly disease.

8.00 **Caught on Dashcam**
Road disasters captured on video by drivers' dashboard cameras.

9.00 **FBI: Most Wanted**
Invisible: 5/14. The team are pushed to their limit when a highly-skilled military veteran snaps. (S1)

10.00 **The Equalizer** *Haunted Heights*: McCall investigates when a woman is found dead in an apparently haunted building. (S5)

11.00 **The Rookie** 12/14. (S3)
12.00 **MT Law & Order: Organized Crime** 9/22. (S2)
1.00 AM **FBI: Most Wanted** (S1)
2.00 **The Good Doctor** 14/18. (S1)
3.00 **Coroner** 9/12. (S4)
4.00 **Highway Patrol**
5.00 to 6.00 AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

- 6.00 AM Richard E Grant's Hotel Secrets Double bill.
- 8.00 True Blood 2&3/12. (S2)
- 10.10 Billions 9&10/12. (S6)
- 12.25 PM Game of Thrones (S4)
- 1.30 Big Love 7&8/10. (S3)
- 3.35 True Blood 2/12. Sookie empathises with Jessica.
- 4.35 3/12. Sookie is attacked by a mysterious creature. (S2)
- 5.40 Billions 9/12. Chuck fights to unlock the city for the people.
- 6.45 10/12. Senior and Chuck's friends take Chuck on a retreat to regroup. (S6)



9.00 The Last of Us

7.55 **Game of Thrones** *First of His Name*: 5/10. Cersei and Tywin plot their next move after Tommen's coronation, and Jon and his men attack the mutineers. (S4)

9.00 **The Last of Us** *Long, Long Time*: 3/9. When a stranger approaches his compound, survivalist Bill forges an unlikely connection. (S1)

10.30 **Homicide: Life on the Street** *A Dog and Pony Show*: 6/9. Howard tracks down a drug dealer. (S1)

11.30 **The Wire** 12/12. Burrell ensures Colvin's retirement is not comfortable. (S3)
12.45 AM **Mussolini: Son of the Century** 3/8. Subtitled. (S1)
1.45 **Band of Brothers** 5/10. (S1)
2.50 **Game of Thrones** As 7.55pm.
3.55 to 6.00 AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 351

- 6.00 AM S.W.A.T. 4&5/13. (S7)
- 8.00 The Flash 12/18. (S7)
- 9.00 Stargate SG-1 (S2)
- 11.00 Supergirl 3/20. (S1)
- 12.00 NOON The Flash 13/18. (S7)
- 1.00 PM S.W.A.T. 6&7/13. (S7)
- 3.00 NCIS: Los Angeles (S13)
- 4.00 Magnum P.I. 6/20. (S5)
- 5.00 Supergirl 2/20. Doubts start to form in Kara's mind when her attempts to protect National City fail to go to plan. (S1)
- 6.00 Stargate SG-1 7/22. An alien orb takes O'Neill and the SG-1 squad hostage. (S2)



8.00 An Idiot Abroad

7.00 **Stargate SG-1** *Family*: 8/22. Bra'tac brings word that Teal'c's son Rya'c has been kidnapped by Apophis. (S2)

8.00 **An Idiot Abroad**
4/8. Karl Pilkington travels to Mexico and immerses himself in the culture of the country.

9.00 **Hacks** *New episodes*
Falling: 5/10. Ava takes a chance on George.
9.40 *New Eyes*: 6/10. Deborah and Ava have a unique bonding experience. (S1)

10.20 **A League of Their Own**
With Sean Dyche, Tony Bellew and Alan Carr.

11.20 **Strike Back: Vengeance**
7/10. Section 20 search for leads to a political prisoner who was broken out of jail by Matlock and his men. (S3)
12.15 AM **The Force: Manchester**
1.10 **Road Wars** Double bill.
3.00 **NCIS: Los Angeles** (S13)
4.00 **Magnum P.I.** 6/20. (S5)
5.00 to 6.00 AM **Highway Patrol**

ITV2

118 816 115 6 113

- 6.00 AM CITV
- 9.00 World's Funniest Videos
- 10.00 Secret Crush Double bill.
- 12.00 NOON Dinner Date
- 1.00 PM Deal or No Deal
- 2.00 Supermarket Sweep
- 3.00 Charmed 20/22. A demon poses as Wyatt's imaginary friend (S7)
- 4.00 Gilmore Girls 19/22. Guest stars Michael York. (S4)
- 5.00 Dinner Date
- 6.00 Celebrity Catchphrase With guests Denise Van Outen, Jo Brand and Charlie Condou.



9.00 Save the Last Dance

7.00 **Deal or No Deal** Stephen Mulhern presents the game show as Orla gets her chance to open the iconic red boxes.

8.00 **Gordon Ramsay's Food Stars USA** The final three contestants transform empty retail spaces into pop-up launch events.

9.00 **FILM** **Save the Last Dance** Romantic drama starring Julia Stiles and Sean Patrick Thomas. A ballet student moves to Chicago from the midwest and begins dating a teenager who teaches her the joys of hip-hop. (2001, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Family Guy** 1/18. Stewie's favourite teddy is ruined. (S5)
11.55 3/30. Peter decides he needs to achieve fame. (S4)
12.25 AM **American Dad!** (S1)
1.20 **Bob's Burgers** 6&7/22. (S11)
2.20 to 3.00 AM **Don't Hate the Playaz**

+1 hour 218 315 29 114

ITV3

119 117 10 115

- 6.00 AM Classic Emmerdale
- 7.00 Classic Coronation Street
- 8.10 Inspector Morse
- 10.35 The Royal Cursed and Blessed.
- 11.40 Heartbeat Double bill.
- 1.40 PM Classic Emmerdale
- 2.40 Classic Coronation Street
- 3.40 Inspector Morse *Who Killed Harry Field?* A mischievous artist is murdered, and Morse takes a personal interest.
- 5.55 Heartbeat *Horses for Courses*: A gang of thieves arrive in Aidsensfield to steal a valuable horse from a local trainer.



6.55 Heartbeat

6.55 **Heartbeat** *Sins of the Fathers*: A magistrate does his best to protect a troublemaker who turns out to be his old flame.

8.00 **Midsomer Murders** *The Sleeper Under the Hill*: A farmer is found dead at a sacred stone circle in Midsomer Mow and

suspicion initially falls on local druids, but Barnaby is convinced greed, not spiritualism, is the motive.

10.00 **Endeavour** *Lazaretto*: Morse is assigned to protect an informant who is undergoing emergency surgery, and becomes fixated on a series of deaths that have occurred in the hospital.

12.00 **MT Trial & Retribution** 2/2. Connor and Walker are alarmed to find their suspicions about Harwood confirmed. (S7)
2.00 to 2.30 AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- 12.00 NOON This Is BBC Scotland
- 7.00 PM Reporting Scotland
- 7.30 This Farming Life 5/12. Mel prepares to have her baby on mainland Orkney.
- 8.30 **Our Lives: The Boy Who Can Fly** The story of a young Scotsman defying conventional expectations and gravity.
- 9.00 **Kevin Bridges: The Overdue Catch-Up** A stand-up performance by the Glaswegian at the Cork Opera House.
- 10.00 **Still Game** 2/6. A spooky new undertaker moves into town. (S8)
- 10.30 **A View from the Terrace** *New edition* Host Craig G Telfer presents an irreverent look at Scottish football.
- 11.30 PM to 12.00 MT **Dinosaur** 5/6. Lee stops responding to Nina's texts. (S1)

Sky Comedy

114/115 814 112 347 362

- 8.00 AM Bored to Death
- 9.10 The Conners (S4)
- 10.05 Hung 5&6/10. (S2)
- 11.20 Eastbound & Down
- 12.40 PM Curb Your Enthusiasm (S1)
- 2.00 Hung 5&6/10. (S2)
- 3.20 Eastbound & Down
- 4.40 Bored to Death (S2)
- 5.40 The Office (US) (S8)
- 6.40 The Conners (S4)
- 7.40 Curb Your Enthusiasm
- 9.00 Veep 7/10. Selina's team are preoccupied.
- 9.40 8/10. Amy and Dan attempt to humanise Jonah. (S5)
- 10.20 **In the Long Run** 5/7. Kirsty questions Leon about his future.
- 10.50 6/7. Walter makes a discovery. (S2)
- 11.20 **Mr Mayor** 5&6/10. (S2)
- 12.30 AM **Sex and the City**
- 2.00 **NEW Bill Maher: Is Anyone Else Seeing This?** Stand-up show.
- 3.20 **Eastbound & Down**
- 4.25 to 5.00 AM **Sort Of**

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM André Rieu in Wonderland
- 8.30 Watercolour Challenge
- 9.00 Tales of the Unexpected
- 10.00 Hitchcock Presents
- 11.00 Discovering
- 12.00 NOON Landscape...
- 1.00 PM Tales of the...
- 2.00 Rising Stars with Julian Lloyd Webber 2022
- 3.00 Discovering
- 4.00 From the Vaults
- 5.00 Landscape Artist 2021
- 6.00 Tales of the Unexpected
- 7.00 Alfred Hitchcock Hour
- 8.00 Beach Boys: Good Vibrations Tour
- 9.00 **California Dreamin': The Songs of the Mamas and the Papas**
- 10.20 **Sunshine Superman: The Story of Donovan**
- 12.55 AM **Johnson & Knopfer's Music Legends** Emmylou Harris.
- 1.55 **Dolly Parton: Song by Song** Four editions.
- 3.35 **Big Design Challenge**
- 5.00 to 6.00 AM **Video Killed the Radio Star**

Sky Mix

151 135 11 141

- 7.00 AM Nothing to Declare
- 9.00 Bondi Rescue
- 10.00 The Force: Manchester
- 11.00 Highway Patrol
- 12.00 NOON Motorway Patrol
- 1.00 PM Border Patrol
- 2.00 Monkey Life
- 3.00 Nothing to Declare
- 4.00 Star Trek: The Next Generation 9/26. (S7)
- 5.00 Stargate SG-1 3/22. (S1)
- 6.00 Stargate Atlantis (S2)
- 7.00 Star Trek: Voyager (S4)
- 8.00 Hawaii Five-0 (S8)
- 10.00 S.W.A.T. *Patrol*: 18/22. Honda is forced to confront the long-held resentment he has towards his father. (S1)
- 11.00 Twisted Killers
- 12.00 MT Britain's Most Evil Killers Victor Farrant.
- 1.00 AM Nothing to Declare
- 2.00 Brit Cops: War on Crime Documentary.
- 3.00 Highway Patrol
- 4.00 Border Patrol
- 5.00 to 6.00 AM Highway Cops

ITV Be

131/132 119 28 119

- 7.30 AM Unwind
- 7.40 Backyard Builds *New edition* DIY series.
- 8.05 Olivia Meets Her Match
- 9.10 Jimmy's Taste of Florida
- 10.10 Making It Home with Kortney & Kenny
- 11.10 The Real Housewives of Beverly Hills
- 12.05 PM Olivia Meets Her Match Reality series.
- 1.05 The Only Way Is Essex
- 2.05 Dinner Date
- 3.10 Scott's Vacation House Rules *New edition*
- 4.05 The Real Housewives of Beverly Hills
- 5.00 The Real Housewives of Atlanta Reality series.
- 6.00 Buying and Selling
- 7.00 Jimmy's Taste of Florida Universal Studios.
- 8.00 Dinner Date
- 9.00 Botched Double bill.
- 10.55 Dr. 90210
- 11.50 The Only Way Is Essex
- 12.50 AM Backyard Builds
- 1.15 to 1.30 AM Unwind

+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM Diagnosis Murder
- 10.00 Father Dowling Mysteries 9/22. (S3)
- 11.00 Sue Thomas: F.B.Eye
- 12.00 NOON Hart to Hart
- 2.00 PM Father Dowling Mysteries 14/22. (S3)
- 3.00 Diagnosis Murder
- 5.00 Murder, She Wrote
- 7.00 M*A*S*H 5-8/24. (S1)
- 9.00 **Randall and Hopkirk (Deceased)** *The Ghost Talks*: 21/26. Marty tells Jeff his account of a case he investigated before his death. (S1)
- 10.00 **The Avengers** *Never, Never Say Die*: 10/24. A man is reportedly killed several times. (S5)
- 11.00 **The Persuaders!** (S1)
- 12.00 MT M*A*S*H (S1)
- 2.00 AM Randall and Hopkirk (Deceased)
- 3.00 The Persuaders! (S1)
- 4.00 Highway to Heaven
- 4.50 to 5.00 AM **GREAT! Movie News Extra**

+1 hour 257

ITV4

120 118 26 117

- 6.00 AM Minder
- 7.05 The Sweeney
- 8.10 Robin of Sherwood
- 9.20 Magnum, PI
- 10.20 Kojak
- 11.25 BattleBots
- 12.30 PM Robin of Sherwood
- 1.35 Magnum, PI
- 2.40 Kojak
- 3.40 Minder
- 4.50 **BattleBots** *New edition* The fourth Sin City Slugfest winner faces the fearsome Skorpios.
- 5.55 **Beat the Chasers**



8.00 **Giant Lobster Hunters**

- 6.55 **The Motorbike Show** Henry Cole tours Dorset's Jurassic Coast and uncovers the history of Lawrence of Arabia.

- 8.00 **Giant Lobster Hunters** Documentary following three under-30 lobster boat captains and a legendary veteran.

- 9.00 **FILM Nighthawks** Action thriller starring Sylvester Stallone and Billy Dee Williams as New York cops on the trail of an international terrorist. With Rutger Hauer and Billy Dee Williams. (1981, 18, 99min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

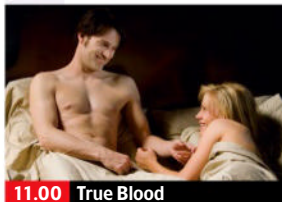
- 11.05 **Wrestling: AEW Dynamite** The latest hard-hitting action.
- 1.10 **AM Dark Side of the Ring** *New edition* The story of Japan's Atsushi Onita.
- 2.00 **Auto Mundial**
- 2.25 **Motorsport Mundial**
- 2.50 to 3.00 AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
- 8.00 Teleshopping
- 11.00 **Star Trek: The Next Generation** 26/26. (S3)
- 12.00 NOON **Star Trek: Voyager**
- 1.00 PM **Star Trek: Deep Space Nine** 15/26. (S6)
- 2.00 **Warehouse 13** 9/13. (S3)
- 3.00 **Stargate SG-1** 8/20. (S9)
- 4.00 **Star Trek: Voyager** (S2)
- 5.00 **Star Trek: Deep Space Nine**
- 6.00 **Star Trek: The Next Generation** 26/26. Part one of two. Captain Picard is kidnapped by the Borg. (S3)



11.00 **True Blood**

- 7.00 **Warehouse 13 Shadows** 9/13. The team hunt a man who is killing anyone who upsets a girl he went to school with. (S3)

- 8.00 **Stargate SG-1 Babylon** 8/20. The crew have a run-in with the legendary Jaffa of the Sodan. (S9)

- 9.00 **Grimm Face Off** 13/22. Nick finds out about Juliette's relationship with Renard, who is frantically searching for the key. (S2)

- 10.00 **The Walking Dead Welcome to the Tombs** 16/16. The Governor's impending attack on the prison looms large. (S3)

- 11.00 **True Blood** 1/12. Sookie's relationship with Bill is tested when she learns the truth about his involvement in the death of her uncle.
- 12.00 MT 2/12. Sookie empathises with Jessica. (S2)

- 1.00 AM **SurrealEstate** (S2)
- 3.00 **Chucky** 6/8. (S1)
- 4.00 to 8.00 AM **Most Haunted**

4seven

137/138 143 49 127

- 9.00 AM **Four in a Bed**
- 9.30 **Sun, Sea and Selling Houses** Double bill.
- 11.30 **A Place in the Sun**
- 2.30 PM **Come Dine with Me**
- 5.00 **A Place in the Sun**
- 6.00 **Location, Location, Location** Two sets of house-hunters with very different requirements.
- 7.00 **The Dog House** Seventeen-year-old farmer Sam seeks a tractor cab companion.
- 8.00 **George Clarke's Building Home** Kazal and Eleena take on the challenge of restoring a house in Solihull.
- 9.00 **24 Hours in A&E**
- 10.00 **Super Surgeons: A Chance at Life**
- 11.05 **Gogglebox** Double bill.
- 1.10 AM **8 Out of 10 Cats Does Countdown** Dubai: Buying the Dream Double bill.
- 2.15 **Dubai: Buying the Dream** Double bill.
- 4.15 to 4.45 AM **Food Unwrapped's Caribbean Adventure**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

U&Alibi

109/110 809 114 343 358

- 7.10 AM **Murdoch Mysteries** (S10)
- 9.00 **Father Brown**
- 10.00 **The Doctor Blake Mysteries**
- 11.00 **Hudson & Rex** 4/16. (S4)
- 12.00 NOON **The Mentalist** (S5)
- 1.00 PM **Death in Paradise** (S6)
- 2.00 **Murdoch Mysteries** (S10)
- 4.00 **The Doctor Blake Mysteries**
- 5.00 **Hudson & Rex** 4/16. A college professor is murdered. (S4)
- 6.00 **Father Brown The Hidden Man**: Father Brown's friendship with Flambeau is tested when the high-class thief is suspected of murder.



9.00 **Father Brown**

- 7.00 **The Mentalist The Crimson Ticket** 1/22. The CBI team investigate the murder of a hotel employee. (S5)

- 8.00 **White Collar Gloves Off** 9/16. Neal goes undercover on Wall Street, where he uncovers insider trading. (S4)

- 9.00 **Father Brown The House of God**: The holiest house in Kempleford is connected to the death of a wanton woman.

- 10.00 **Death in Paradise Erupting in Murder** 1/8. Humphrey investigates the death of a scientist studying a volcano. (S6)

- 11.00 **The Mentalist** As 7.00pm.
- 12.00 MT **White Collar** As 8.00pm.
- 1.00 AM **CSI: Vegas** 9/10. The team investigate the death of an antique shop owner. (S3)

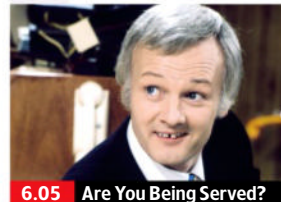
- 1.55 **So Help Me Todd** 20/21. (S1)
- 2.55 to 4.00 AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.30 AM **Highlights**
- 8.40 **The Vicar of Dibley**
- 10.00 **The Green Green Grass**
- 10.35 **Are You Being Served?**
- 11.15 **Porridge**
- 11.55 **Last of the Summer Wine**
- 1.05 PM **The Green Green Grass**
- 1.40 **Dad's Army**
- 3.00 **Porridge**
- 3.35 **Are You Being Served?**
- 4.15 **Last of the Summer Wine**
- 5.30 **The Green Green Grass**
- 6.05 **Are You Being Served?**
- 6.45 **Dad's Army**



6.05 **Are You Being Served?**

- 7.25 **Dad's Army Captain Mainwaring** initiates a campaign to recruit new Home Guard members.

- 8.00 **The Good Life** Barbara has to brave the ordeal of public speaking.

- 8.40 **The Vicar of Dibley** Geraldine hits stardom after an appearance on Terry Wogan's radio show.
- 9.20 **Alice** shocks Geraldine with a pre-wedding revelation.

- 10.00 **The Cleaner** Wicky is asked to clean up a statue that is at the centre of a town protest.

- 10.35 **The Good Life** As 8pm.
- 11.15 **The Vicar of Dibley**
- 12.35 AM **The Cleaner** As 10.00pm.
- 1.10 **The Black Adder** Edmund is accused of witchcraft.
- 1.55 **Edmund** hatches a scheme to steal the throne. Guest stars Rik Mayall.

- 2.40 to 4.00 AM **Avoidance**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.10 AM **Hairy Bikers Everyday** *Gourmets Culinary series.*
- 8.00 **Cops on the Rock**
- 10.00 **Robson's Extreme Fishing Challenge** Double bill.
- 12.00 NOON **American Pickers**
- 2.00 PM **Speed with Guy Martin**
- 3.00 **Top Gear** Double bill.
- 5.00 **Hairy Bikers' Best of British** Si and Dave explore the origins of popular spices.
- 6.00 **Rick Stein's Far Eastern Odyssey** Rick continues his Far East adventure, travelling down the Mekong River to Vietnam.



5.00 **Best of British**

- 7.00 **Would I Lie to You?** With Mel Giedroyc, Matt Dawson, Dermot O'Leary and Josh Widdicombe.

- 7.40 **Richard Osman's House of Games** With Yasmin Akram and Cariad Lloyd.
- 8.20 **Roger Black, Jo Brand, Sanjeev Kohli and Tiff Stevenson** take part.

- 9.00 **QI XL** Deirdre O'Kane, Richard Osman and David Mitchell join regular panellist Alan Davies and host Sandi Toksvig.

- 10.00 **Have I Got a Bit More News for You** David Tennant hosts the satirical quiz, with guests Jack Dee and Helen Lewis.

- 11.00 **Taskmaster** The winner of series three is chosen.
- 12.00 **M'T Mock the Week** With Ed Gamble, Ed Byrne, Maisie Adam and Rhys James.

- 12.40 AM **Would I Lie to You?**
- 2.00 to 4.00 AM **Richard Ayoade's Question Team**

+1 hour 211/212 327 74

5USA

141/169 120/162 21 129

- 9.00 AM **NCIS** 22-24/24. (S9)
- 12.00 NOON **Law & Order**
- 6.00 PM **NCIS Better Angels** 7/24. Gibbs helps his father track down an old friend from the war.
- 7.00 **Alibi** 8/24. A sergeant's alibi for a hit-and-run is that he was killing someone else at the same time.
- 8.00 **Gut Check** 9/24. A covert listening device is found in a pen belonging to the Secretary of the Navy.
- 9.00 **Devil's Triad** 10/24. The team investigate the murder of a Marine. (S11)
- 10.00 **Law & Order: Special Victims Unit Imprisoned Lives** 2/24. A young boy is abandoned. (S15)
- 11.00 **Law & Order: Special Victims Unit** (S15&14)
- 1.55 AM **Blue Bloods** (S6)
- 2.50 **Law & Order** (S20)
- 3.35 to 4.00 AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM **22 Kids & a Wedding** Documentary.
- 9.00 **Bargain-Loving Brits in the Sun**
- 10.00 **Nightmare Tenants, Slum Landlords**
- 11.00 **Traffic Cops**
- 2.00 PM **Police Interceptors**
- 5.00 **Rogue Claimers** *New edition* Police officers close in on a cash for crash gang.
- 6.00 **Home and Away**
- 7.00 **GP's: Behind Closed Doors** Medical series.
- 8.00 **Casualty** 24/7: Every Second Counts
- 9.00 **FILM Fifty Shades of Grey** Erotic drama starring Jamie Dornan. (2015, 18, 120min) ★★
- 11.40 **Adults Only**
- 1.40 AM **Call the Bailiffs: Time to Pay Up**
- 2.35 **Police Interceptors**
- 3.25 **Home and Away**
- 3.50 to 4.00 AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM **Car Pound Cops**
- 9.25 **Outback Truckers**
- 10.25 **Traffic Cops**
- 11.25 **Police Interceptors**
- 12.30 PM **FILM Bullet for a Badman** Western. (1964, PG, 80min) ★★
- 2.10 **FILM Ride a Crooked Trail** Western adventure starring Audie Murphy. (1959, U, 87min) ★★
- 4.00 **Outback Truckers**
- 5.00 **Traffic Cops**
- 6.00 **Police Interceptors**
- 9.00 **Police Code Zero: Officer Under Attack** An arrest turns violent for three officers.
- 10.00 **Police Interceptors**
- 11.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
- 12.00 **M'T Broadmoor: For the Criminally Insane**
- 1.05 AM **999: Criminals Caught on Camera**
- 2.00 **Trucking Hell**
- 3.50 to 4.00 AM **Entertainment News**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

U&W

132/133 827 125 25 156

- 6.10 AM **Inside the Ambulance**
- 7.00 **My Dream Home**
- 8.00 **Tipping Point**
- 11.00 **DIY SOS: The Big Build**
- 1.00 PM **Tipping Point**
- 4.00 **My Dream Home**
- 6.00 **DIY SOS: The Big Build**
- 7.00 **MasterChef USA** *New edition* The hopefuls take a childhood comfort food and turn it into a restaurant-worthy dish.
- 8.00 **Inside the Ambulance** The paramedics help a woman who has suffered a series of seizures.
- 9.00 **999 Rescue Squad** A truck drives through a motorway barrier and hits a BMW head-on.
- 10.00 **The team** are called to a major fire in a chemicals factory.
- 11.00 **Gavin & Stacey**
- 12.55 AM **Reclaiming Amy**
- 2.00 to 3.00 AM **Wedding Valley**

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.00 AM **All Creatures Great and Small**
- 7.55 **Doctors**
- 9.05 **Classic Holby City**
- 10.25 **Classic Casualty**
- 11.40 **The Bill**
- 12.40 PM **Classic EastEnders**
- 2.00 **Eldorado**
- 3.20 **Bergerac**
- 4.20 **All Creatures Great and Small**
- 5.25 **The Upper Hand**
- 6.00 **As Time Goes By**
- 6.40 **Last of the Summer Wine** Double bill.
- 8.00 **Father Brown The Great Train Robbery**: Lady Felicia and Mrs McCarthy are taken hostage.
- 9.00 **The Passing Bell**: The sleuth tries to solve a case involving a musical director.
- 10.00 **New Tricks Old Fossils**.
- 11.20 **Bergerac**
- 12.20 AM **Lovejoy**
- 2.50 to 4.00 AM **Classic Holby City**

+1 hour 243 316 60

Really

142 128 17 145

- 6.00 AM Fantasy Homes by the Sea In Weymouth.
7.00 Teleshopping
8.00 Salvage Hunters
11.00 A Place in the Sun
1.00 PM Money for Nothing
3.00 Antiques Road Trip
5.00 The Yorkshire Auction House Double bill.
7.00 Antiques Road Trip Roo Irvine and Mark Hill scour the Highlands and Islands for antiques.
8.00 Roo and Mark visit the Isle of Skye.
9.00 Yorkshire Air 999 **New edition** The crew help a walker in Settle who is having a stroke, while in North Yorkshire, a horse rider has multiple injuries after being thrown from her horse.
10.00 Helicopter ER
12.00 MT Help! My House Is Haunted Double bill.
2.00 AM Teleshopping
4.00 to 6.00 AM Salvage Hunters

DMAX

159 169 39 147

- 6.00 AM Alaska: The Last Frontier Double bill.
8.00 Outback Opal Hunters
9.00 Deadliest Catch
11.00 Alaska: Homestead Rescue Documentary.
1.00 PM Aussie Gold Hunters
3.00 Gem Hunters Down Under Double bill.
5.00 Alaskan Bush People
7.00 Deadliest Catch Wild Bill overturns the *Summer Bay* and a beloved crewman makes the ultimate sacrifice.
9.00 Wheeler Dealers The boys snap up a Mitsubishi Shogun.
10.00 The boys want to mark the MGB's 60th anniversary in style.
11.00 Aussie Gold Hunters
12.00 MT Naked and Afraid XL Documentary.
2.00 AM Teleshopping
5.00 to 6.00 AM Building Alaska

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM Building Alaska
8.00 A Place in the Sun
10.00 Escape to the Country
12.00 NOON My Lottery Dream Home
2.00 PM A Place in the Sun
3.00 Escape to the Country
5.00 A Place in the Sun
8.00 Escape to the Country
9.00 The Great Pottery Throw Down The home potters are tested on the art of Japanese-style ceramics.
10.00 My Lottery Dream Home Double bill.
11.00 Tarek & Heather: The Big I Do Tarek El Moussa and Heather Rae Young plan the perfect wedding in beautiful Montecito California.
12.00 MT Good Bones
1.00 AM Building Alaska
2.00 Home Town
3.00 to 4.00 AM My Lottery Dream Home

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM The Chase
10.00 The Crystal Maze
11.00 Cash in the Attic
12.00 NOON Tenable
1.00 PM Family Fortunes
3.00 Catchphrase Double bill of the game show.
4.00 Blockbusters Double bill of the quiz show.
5.00 The Crystal Maze Game show hosted by Richard O'Brien.
6.00 Cash Trapped Quiz hosted by Bradley Walsh.
7.00 Tenable Warwick Davis hosts as five university friends answer questions about top 10 lists.
8.00 The Chase Double bill of the quiz show hosted by Bradley Walsh.
10.00 Tenable As 7.00pm.
11.00 Bullseye Double bill of the darts-based quiz.
12.00 MT Weakest Link
1.00 AM The Crystal Maze
2.00 The Chase Double bill.
4.00 Tenable As 7.00pm.
5.00 to 6.00 AM Bullseye

Food Network

140/141 190 43 148

- 6.00 AM James Martin's French Adventure
7.00 The Pioneer Woman
9.00 Be My Guest with Ina Garten
10.00 Barefoot Contessa
11.00 Great British Bake Off
1.00 PM Rick Stein's Fruits of the Sea Double bill.
2.00 James Martin's French Adventure
3.00 The Pioneer Woman
5.00 **NEW SERIES** Be My Guest with Ina Garten
6.00 Barefoot Contessa
7.00 Great British Bake Off
9.00 Rick Stein's Fruits of the Sea Double bill.
10.00 James Martin's French Adventure
11.00 Diners, Drive-Ins and Dives **New edition**
11.30 Diners, Drive-Ins and Dives Triple bill.
1.00 AM Man v Food
2.00 to 3.00 AM Guy's Grocery Games

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM Extreme Cheapskates
8.00 Flip or Flop
9.00 Say Yes to the Dress: Atlanta Four editions.
11.00 My 600lb Life
12.00 NOON Dr Pimple Popper Medical series.
1.00 PM sMothered
2.00 Return to Amish
4.00 Outdaughters: Busby Quints
5.00 My 600lb Life Travis was too big to walk down the aisle at his wedding.
6.00 Dr Pimple Popper Jeremy is a pastor with a hanging growth in an embarrassing location.
7.00 1000-lb Sisters Amy returns home after a rift.
8.00 My 600lb Life
12.00 MT Bizarre
1.00 AM Extreme Cheapskates
2.00 to 6.00 AM My 600lb Life

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.10 AM **FILM** Bite the Bullet Western. (1975, PG, 131min) ★★★★★
11.00 The High Chaparral
12.00 NOON Wanted: Dead or Alive Double bill.
1.00 PM **FILM** Mackenna's Gold Western adventure. (1968, 15, 136min) ★★★
3.40 **FILM** Gun Fury Western starring Rock Hudson. (1953, U, 83min) ★★★★★
5.30 Wanted: Dead or Alive
7.00 The High Chaparral
8.00 **FILM** The Tin Star Western starring Henry Fonda and Anthony Perkins. (1957, b/w, U, 93min) ★★★★★
10.10 **FILM** The Ballad of Lefty Brown Western starring Bill Pullman. (2017, 15, 111min) ★★★★★
12.30 AM **FILM** End of the World Disaster movie. (2018, PG, 88min) ★★
2.20 to 5.00 AM Wild West Chronicles

+1 hour 324

Legend

148 149 41 137

- 8.00 AM Walker, Texas Ranger 4/26. (S3)
9.00 Six Million Dollar Man
10.00 T.J. Hooker 1/23. (S4)
11.00 **FILM** Asteroid-aggadon Adventure. (2020, PG, 90min) ★★
1.00 PM **FILM** Billy the Kid v Dracula Horror Western. (1966, PG, 73min) ★
2.30 **FILM** The Sting Period crime comedy. (1973, PG, 129min) ★★★★★★
5.00 Star Trek 28/30. (S1)
6.00 T.J. Hooker 2/23. (S4)
7.00 Six Million Dollar Man
8.00 Walker, Texas Ranger
9.00 **FILM** The Way of the Gun Crime thriller. (2000, 18, 119min) ★★
11.20 **FILM** A Certain Justice Action adventure. (2014, 15, 96min) ★★
1.15 AM **FILM** The Hatton Garden Job Drama. (2017, 15, 93min) ★★★★★
3.05 to 4.50 AM **FILM** The Blood Beast Terror Chiller. (1967, 12) ★

Comedy Central

112/113 812 132 345 360

- 8.00 AM Most Ridiculous
9.00 Guessable?
10.00 Home Improvement
12.00 NOON Last Man Standing 23&24/24. (S1)
1.00 PM Friends (S6&7)
9.00 Michael McIntyre's Big Show Rick Astley, Al Porter and Olly Murs perform on stage.
10.00 Kevin Bridges Live in Glasgow Stand-up.
11.00 Utopia 1/8. Australian office comedy with Rob Sitch and Celia Pacquola. 11.35 2/8. An endangered grass threatens plans. (S1)
12.10 AM Whose Line Is It Anyway? USA
1.10 Michael McIntyre: Happy & Glorious
2.10 Jessica Fostekey: Silence of the Nans
3.10 Key & Peele
3.50 Teachers (S3)
4.15 to 5.00 AM Friends

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.00 AM **FILM** The Narcissist Thriller. (2019, 12) ★★
10.55 **FILM** A Deadly Obsession Thriller. (2012, 12, 88min) ★★
1.00 PM **FILM** Stalked by My Mother Thriller. (2016, 12, 90min) ★★
2.55 **FILM** The Midwife's Deception Thriller. (2018, PG, 90min) ★★
5.00 **FILM** Lost Letter Mysteries: Freedom to Give Crime drama. (2014, PG, 85min) ★★
7.00 Perception Double bill.
9.00 **FILM** Red Eye Crime action thriller. (2005, 12, 85min) ★★★★★
11.05 **FILM** Anthroid World War Two drama. (2016, 15, 120min) ★★★★★
1.25 AM **FILM** The Road Sci-fi drama. (2009, 15, 111min) ★★★★★
4.00 to 6.00 AM **FILM** My Mother's Stalker Thriller. (2018, 12, 85min) ★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM **FILM** The Curse of the Werewolf (1961)
8.00 **FILM** Sinbad and the Clash of the Furies Action adventure. (2016, 12, 90min) ★
10.00 Farscape 5/22. (S2)
11.00 **FILM** The 7 Adventures of Sinbad Adventure. (2010, PG, 90min) ★★
1.00 PM **FILM** Against a Crooked Sky Western. (1976, PG, 85min) ★★
3.00 Farscape 5/22. (S2)
4.00 Star Trek 6/26. (S2)
5.00 **FILM** The Curse of the Werewolf Horror. (1961, 12, 92min) ★★★★★
7.00 Farscape 6/22. (S2)
8.00 Star Trek 7/26. (S2)
9.00 **FILM** Red Sonja Adventure starring Arnold Schwarzenegger. (1985, 15, 89min) ★
10.50 **FILM** First Kill Thriller. (2017, 15, 97min) ★★
1.00 to 3.00 AM **FILM** Red Sonja As 9.00pm.

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM Home Improvement
7.00 Teleshopping
9.00 Impractical Jokers
10.00 Becker 5&6/24. (S2)
11.00 Friends 2-5/24. (S5)
1.00 PM Criminally Funny
2.30 Impractical Jokers
3.00 Whose Line Is It Anyway? USA
4.00 Guessable?
5.00 Becker 5&6/24. (S2)
6.00 Home Improvement
8.00 Last Man Standing
9.00 Out of Order
10.00 Friends 21-24/24. (S5)
12.00 MT Comedy Central Live Featuring Alasdair Beckett-King and Sikisa.
1.00 AM Lee Evans: Roadrunner Stand-up.
2.00 **FILM** Nurse Betty Black comedy starring Renée Zellweger and Morgan Freeman. (1999, 18, 110min) ★★★★★
4.00 Al Murray Live - Barrel of Fun Stand-up show.
5.15 to 6.00 AM Home Improvement

GREAT! romance

319 424 52

- 8.10 AM **FILM** Surprised by Love Romantic comedy. (2015, PG, 84min) ★★
10.05 **FILM** Right in Front of Me Romantic comedy. (2021, PG, 84min) ★★
12.00 NOON **FILM** A Perfect Match Romantic drama. (2021, PG, 84min) ★★
2.00 PM **FILM** My Best Friend's Bouquet Drama. (2020, U, 84min) ★★
4.05 **FILM** The Wedding Arrangement Drama. (2022, PG, 90min) ★★
6.05 **FILM** Undercover Bridesmaid Comedy. (2012, PG, 86min) ★★
8.00 **FILM** Stop the Wedding Drama. (2016, U) ★★
9.55 **FILM** Anything for Love Comedy. (2016, PG) ★★
11.50 **FILM** Diagnosis Delicious Drama. (2016, PG) ★★
1.55 AM Highway to Heaven
3.00 to 5.00 AM **FILM** Royally Ever After Comedy. (2018, PG, 90min) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM Dickinson's Real...
6.40 Pawn Stars
7.30 Auction Hunters
7.55 Storage Wars: Texas
8.55 Hardcore Pawn
10.15 Alien Files Reopened
11.10 Weird or What?
12.10 PM Ancient Superstructures
1.05 Mega Disasters
2.05 Pawn Stars
3.05 Storage Wars: Texas
4.00 Ancient Aliens
6.00 Alien Files Reopened
7.00 Pawn Stars
8.00 Dickinson's Real Deal
9.00 Mission Unexplained
10.00 What on Earth?
11.00 Mysteries from Above
12.00 MT Paranormal: Caught on Camera
1.00 AM Alien Files Reopened Documentary.
2.00 Weird or What?
3.00 Hardcore Pawn
3.25 Rust Valley Restorers
4.10 to 6.00 AM Ancient Aliens

Sky Replay

152 156

- 7.00 AM Sixth Sense with Colin Fry Double bill.
8.00 Celebrity Judge Weddings
9.00 Four Weddings
10.00 Highway Patrol
11.00 Border Patrol
12.00 NOON The Rookie (S4)
2.00 PM Motorway Patrol
3.00 Highway Patrol
4.00 Border Patrol
5.00 Air Ambulance ER
6.00 Customs UK
7.00 MacGyver 3&4/13. (S4)
9.00 The Force: North East Northumbria Police get a flood of 999 calls.
10.00 The cells fill up on a busy Saturday night.
11.00 Road Wars
12.00 MT The Russell Howard Hour
2.00 AM A League of Their Own: Unseen
3.00 Duck Quacks Don't Echo Lee Mack hosts.
4.00 Four Weddings
5.00 to 6.00 AM Sixth Sense with Colin Fry

★★★★★ Excellent ★★★★★ Very Good ★★★★★ Good ★★★★★ Average ★★★★★ Poor

Rewind TV

182 95

- 6.00 AM Highlights
8.30 Huckleberry Finn
9.00 Stereo Underground
10.00 Time After Time (S2)
10.30 Watching 6/7. (S7)
11.00 Diff'rent Strokes (S1)
11.30 I Dream of Jeannie
12.00 NOON Shine on...
1.00 PM Jason King (S1)
2.00 Born Free (S1)
3.00 Whicker's World
4.00 Stereo Underground
5.00 Diff'rent Strokes (S1)
5.30 Watching 6/7. (S7)
6.00 I Dream of Jeannie
6.30 Married... With Children
7.00 The Zoo Gang 6/6. (S1)
8.00 Born Free (S1)
9.00 Jason King 6/26. (S1)
10.00 Married... With Children
10.30 Drop the Dead Donkey
11.00 The Mrs Merton Show
11.35 Stereo Underground
12.35 AM Bubblegum & Cheese Pop music.
1.35 Shine on Harvey Moon
2.35 Whicker's World
3.35 to 6.00 AM Highlights

5SELECT

153 138 46 133

- 9.00 AM World's Most Scenic Railway Journeys
10.00 Shetland: Scotland's Wondrous Isles
11.00 Ben Fogle: New Lives in the Wild Double bill.
1.00 PM The Yorkshire Vet
3.00 Murder, She Wrote
4.00 Colombo
5.30 Walking Victorian Britain In Edinburgh.
6.00 World's Most Scenic Railway Journeys New Zealand's South Island.
7.00 Ben Fogle: New Lives in the Wild Double bill.
9.00 Britain's Great Cathedrals: To the Glory of God 1/2.
10.00 Jason Watkins & Lady Jane Grey: A Tower of London Special
11.00 Prisoner: Cell Block H
1.05 AM Bargain-Loving Brits in the Sun
3.05 Shetland: Scotland's Wondrous Isles
3.50 to 4.00 AM Entertainment News

MTV

126/127 824 134

- 6.00 AM The Hills
6.20 16 and Pregnant
7.10 Teen Mom OG
9.00 Teen Mom 2
11.00 Catfish: The TV Show
2.00 PM Catfish: Wannabes
3.00 Catfish: The TV Show
7.00 Fresh Out Live
8.00 Help! I'm in a Secret Relationship! Kaitlin needs to know why Cam is hiding her.
9.00 Skin A&E A boxing coach has a lipoma that looks like an out-of-place abdominal muscle.
10.00 **FILM** Zombieland Horror comedy starring Woody Harelson, Jesse Eisenberg and Emma Stone. (2009, 15, 84min) ★★★★★
12.00 MT Behind the Music
1.30 AM Gonzo with Jack Saunders Legendary alternative music show.
2.20 Ink Master
3.10 to 4.00 AM Ex on the Beach

Discovery

125/126 823 177 320 325

- 6.00 AM **How Do They Do It?**
 7.00 **Building Off the Grid**
 9.00 **Kindig Customs** Double bill.
 11.00 **Wheeler Dealers**
 1.00 PM **Alaska: Homestead Rescue** Double bill.
 3.00 **Gold Divers** *Reaper Nation* hits deeper waters and a big storm approaches.
 4.00 A catastrophic storm rips through Nome.
 5.00 **Deadliest Catch** Sig and Keith attempt to find common ground, and Johnathan finds his co-captain a bit wobbly.

9.00 **Mystery at Blind Frog...**

- 7.00 **Salvage Hunters**
 Drew Pritchard makes a startling discovery at a 13th-century house in the Lake District.

- 8.00 **Gold Rush** Rick gambles all his profits on a risky cut, and Parker's team lean on the new Sulphur Creek claim.

- 9.00 **Mystery at Blind Frog Ranch** **New edition** After finding a hidden cave below a lake, Chad trains to dive into the cavern.

- 10.00 **Moonshiners** **New edition** Mark and Digger recruit Patti Bryan to help make hot pepper moonshine.

- 11.00 **Expedition X**
 12.00 **MT Street Outlaws: Locals Only** In Ohio, eight drivers compete for a chance to race OKC Street Outlaw Jeff Lutz.

- 1.00 AM **Mystery at Blind Frog Ranch** As shown at 9.00pm.
 2.00 **Moonshiners** As 10.00pm.
 3.00 **Gold Rush** **New edition**
 4.00 to 5.00 AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

- 8.00 AM **Insane Pools: Off the Deep End** From Florida.
 9.00 **Life at Vet University**
 10.00 **Pit Bulls & Parolees**
 11.00 **Alaska: Homestead Rescue**
 12.00 **NOON Insane Pools: Off the Deep End** A Mexican-style resort in a Florida backyard.
 1.00 PM **Crikey! It's the Irwins**
 2.00 **Flying Wild Alaska**
 3.00 **Pit Bulls & Parolees**
 5.00 **Alaska: Homestead Rescue**
 6.00 **Insane Pools: Off the Deep End** Lucas creates a palatial pool on the Gulf of Mexico.

9.00 **I Was Prey**

- 7.00 **Life at Vet University**
 The students are halfway through their spring term rotations, while Lindsay has a hectic week.

- 8.00 **I'm Alive** A man attacked by a brown bear on a remote Alaskan island, and the victim of a bite from a black mamba snake.

- 9.00 **I Was Prey**
 A woman's relaxing river swim turns out to be anything but when she is attacked by a crocodile.

- 10.00 **Alaskan Bush People**
 Noah invents an ingenious device to rid their homesite of moles.

- 11.00 **Pet Nation Renovation** 1/2. A Virginia animal shelter is given an entire makeover.
 12.00 **MT 2/2**. The renovation of a Michigan pet shelter.
 1.00 AM **Alaskan Bush People**
 2.00 **Pit Bulls & Parolees**
 3.00 **Alaska: Homestead Rescue**
 4.00 to 5.00 AM **Insane Pools: Off the Deep End**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

- 8.00 AM **Food Factory**
 9.00 **Air Crash Investigation: Special Report**
 10.00 **World War II: Secrets from Above** Battle of the Atlantic.
 11.00 **Airport Security: Rome**
 12.00 **NOON Car S.O.S**
 1.00 PM **Mutant Weather**
 2.00 **Air Crash Investigation**
 3.00 **Apocalypse: The Rise of Hitler** Double bill of editions.
 5.00 **Car S.O.S** Tim and Fuzz take on a 1993 Toyota Supra Mk4.
 6.00 **Nazi Megastructures** The area surrounding Hitler's bunker.

10.00 **UFOs: Investigating the...**

- 7.00 **Air Crash Investigation**
 American Airlines 1572 suffers double-engine failure during a storm and a control tower shutdown.

- 8.00 **Air Crash Investigation**
 A C-130 firebomber crashes while battling an epic Australian wildfire.

- 9.00 **Draining Loch Ness: In Search of the Monster**
 Advanced scanning technology explores the depths of Loch Ness.

- 10.00 **UFOs: Investigating the Unknown** A psychiatrist tries to validate stories of alien abduction.

- 11.00 **Air Crash Investigation**
 12.00 **MT Murder in the Skies: Who Downed MH17?**
 1.00 AM **Plane Crash Recreated**
 2.00 **Lords of War**
 2.30 **Made in a Day**
 2.55 **Bid & Destroy**
 3.20 **Food Factory** Double bill.
 4.10 to 5.00 AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

- 6.00 AM **American Pickers**
 6.50 **Claw Hunters**
 7.45 **Flipping Bangers**
 8.45 **Forged in Fire**
 9.35 **Storage Wars** Five editions.
 12.00 **NOON Mountain Men**
 1.00 PM **Flipping Bangers**
 2.00 **Combat Machines**
 4.00 **Digging for Britain**
 5.00 **Pawn Stars** Rick eyes up a cowboy hat owned by Dallas star Larry Hagman.
 5.30 Corey works overtime to get his hands on a 1920s clock.
 6.00 **American Pickers**

10.00 **Ancient Aliens: Origins**

- 7.00 **Forged in Fire**
 Two bladesmiths have five days in their forges to recreate the battle-tested Glaive Guisarme.

- 8.00 **River Hunters**
 Beau Ouimette and Rick Edwards visit River Avon beneath the medieval Warwick Castle.

- 9.00 **NEW SERIES Combat Ships** The story of one of the world's most effective war machines – the Viking longship.

- 10.00 **Ancient Aliens: Origins** **New edition** The Great Pyramid of Giza, one of the world's most captivating mysteries.

- 12.00 **MT Pawn Stars** Double bill.
 1.00 AM **Flipping Bangers**
 Gus and Will buy a Honda-based Rover 800 coupe.
 2.00 **Mayhem! The Secret Lives of the Georgian Kings**
 A look at the life of George III.
 3.00 **River Hunters** As 8.00pm.
 4.00 to 6.00 AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

- 6.10 AM **Antiques Roadshow**
 8.00 **Secret Nazi Bases**
 9.00 **Living with Hitler**
 10.00 **The Architecture the Railways Built** Double bill.
 12.00 **NOON Caribbean with Simon Reeve** Documentary.
 1.00 PM **Antiques Roadshow**
 2.00 **Bangers & Cash** Double bill.
 4.00 **Rise of the Nazis: Dictators at War** Examining the Eastern Front during World War Two.
 5.00 **Churchill's Bid to Abolish Britain** Documentary.
 6.00 **Antiques Roadshow**

9.00 **Abandoned Engineering**

- 7.00 **Guy Martin's Great Escape** The racer hopes to recreate the climax of *The Great Escape*, in which Steve McQueen's character attempts to jump two border fences into Switzerland.

- 9.00 **Abandoned Engineering**
 Exploring the Tunisian desert and a vast chain of ruins that once stood in the way of Allied victory.

- 10.00 **Bangers & Cash**
 A MG Midget, an Austin-Healey 'frogeye' Sprite and an RS2000 go up for auction.

- 11.00 **Abandoned Engineering**
 Traces of a mass deception hidden at Ponte Dirlino in Italy.
 12.00 **MT Caribbean with Simon Reeve** The adventurer visits the Dominican Republic, Haiti and Puerto Rico.
 1.00 to 3.00 AM **Secrets of the London Underground**

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM **Chasing Classic Cars**
 8.00 **American Pickers**
 9.00 **Aussie Gold Hunters**
 11.00 **The Repair Shop**
 1.00 PM **Salvage Hunters**
 3.00 **Shed and Buried**
 4.00 **Find It, Fix It, Flog It**
 6.00 **The Repair Shop**
 8.00 **Shed and Buried**
 A vast Ford collection in Worcestershire.
 8.30 Sam and Henry are in Dorset.
 9.00 **The Repair Shop** Items for repair include two Olympic medals and a musical jewellery box.
 10.00 Maria hopes stain glass expert Matt can fix her guilty conscience as well as her broken window.
 11.00 **Wheeler Dealers**
 1.00 AM **Chasing Classic Cars**
 3.00 **Find It, Fix It, Flog It**
 4.00 to 5.00 AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM **Say Yes to the Dress: Bridesmaids**
 7.00 **Say Yes... Lancashire**
 8.00 **Curvy Brides Boutique**
 9.00 **Say Yes to the Dress**
 10.00 **Forensic Detectives**
 12.00 **NOON Deadly Affairs**
 1.00 PM **On the Case with Paula Zahn**
 2.00 **Murder on CCTV**
 3.00 **Faking It: Tears of a Crime** Chris Parker.
 4.00 **American Monster**
 6.00 **People Magazine Investigates**
 7.00 **The Killer in My Family**
 8.00 **Murder on CCTV**
 9.00 **NEW SERIES Death by Fame** A soap opera star's rise crashes instantly.
 10.00 **Death by Fame**
 11.00 **Murder on CCTV**
 12.00 **MT Faking It: Tears of a Crime** Double bill.
 2.00 AM **Murder Comes to Town** True-crime.
 3.00 to 4.00 AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM **Judge Judy**
 1.00 PM **Judge Judy**
 7.00 **See No Evil** The murder of Christopher Duncan, who left his apartment in San Antonio, Texas never to return again.
 8.00 **Killers: Caught on Camera** In Washington State, a man's vlogs reveal his dark plans.
 9.00 **Forensic Factor** **New edition** Killer Robert Fry is on a rampage and hides in a group of Goth youths.
 10.00 **Killer Kids** In 1968, construction site workers find the body of four-year-old Martin Brown.
 11.00 **Evidence of Evil** The disappearance of Jeffrey and Jeanette Navin.
 12.00 **MT 48 Hours**
 1.00 AM **Forensic Factor**
 2.00 **Killer Kids** As 10.00pm.
 3.00 **Medical Detectives**
 4.00 to 6.00 AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM **48 Hours**
 11.00 **Medical Detectives**
 2.00 PM **48 Hours** A story of tragedy and triumph.
 3.00 The woman at the centre of a murder case.
 4.00 **Medical Detectives**
 The wife of a Marine is charged with murder.
 4.30 An 18-year-old girl is abducted while talking on a pay phone.
 5.00 A Los Angeles-based kidnapping ring run by Russian immigrants is exposed.
 5.30 A case in which a woman was shot dead.
 6.00 A 70-year-old retired veteran is found dead on his boat.
 6.30 A man's second wife is charged with the murder of his first.
 7.00 **Judge Judy** Real-life small claims cases.
 12.05 AM **Judge Judy**
 4.45 to 6.00 AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

- 6.00 AM **Highway Cops**
 7.00 **Send in the Dogs**
 8.00 **Stop, Search, Seize**
 9.00 **Nothing to Declare**
 10.00 **Brit Cops UK**
 11.00 **Catching the Killer**
 12.00 **NOON Killing Mum and Dad** True-crime series.
 1.00 PM **Killer in My Village**
 2.00 **Murders That Shocked the Nation**
 3.00 **World's Most Evil Killers**
 4.00 **Britain's Most Evil Killers**
 5.00 **Catching the Killer**
 6.00 **How I Caught the Killer**
 7.00 **World's Most Evil Killers**
 8.00 **Britain's Most Evil Killers**
 9.00 **Mommy Dead and Dearest: The Story of Dee Dee** Documentary.
 10.45 **World's Most Evil Killers**
 12.55 AM **How I Caught the...**
 2.00 **Snapped** Documentary.
 3.00 **Most Evil Killers**
 4.00 **UK Border Force**
 5.00 to 6.00 AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM **Grand Tours of...**
 8.55 **Wrecks That Changed the World**
 9.55 **Edward VIII: Britain's Traitor King**
 10.55 **Hitler's Power**
 12.00 **NOON Countdown to War** Documentary.
 1.00 PM **Grand Tours of Scotland** Eilean Donan.
 1.40 **Wrecks That Changed the World**
 2.35 **Edward VIII: Britain's Traitor King**
 3.40 **Hitler's Power**
 4.45 **Grand Tours of Scotland**
 5.20 **Countdown to War**
 6.20 **Wrecks That Changed the World**
 7.20 **Edward VIII: Britain's Traitor King**
 8.20 **Hitler's Power**
 9.25 **Countdown to War**
 10.20 **Wrecks That Changed the World**
 11.25 **Grand Tours of Scotland**
 12.00 **MT Hitler's Power**
 1.10 to 2.00 AM **Grand Tours of Scotland**

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM **The Movies**
7.00 **Discovering: Morgan Freeman**
8.00 **The Directors**
9.00 **The 2000s**
10.00 **Seve** The life and career of golf legend Severiano Ballesteros.
12.00 **NOON Althea** The life of former tennis player Althea Gibson.
1.45 PM **My Icon: Denise Lewis**
2.00 **Natalie Wood: What Remains Behind** Documentary.
4.00 **The Directors**
5.00 **Discovering: Morgan Freeman**
6.00 **The 2000s**
7.00 **Music Box** The story of Alanis Morissette's rise to fame.
9.00 **Fatboy Slim: Right Here, Right Now** Documentary about the Big Beach Boutique II free event in 2002.
10.50 **Boyzone: No Matter What** 3/3. Charting the band's split and eventual reunion.
11.50 **Becoming Madonna**
1.50 AM **Pete Doherty: Stranger in My Own Skin** Documentary.
3.50 **Adam Hills: Foot Fault**
5.00 to 6.00 AM **Discovering: Morgan Freeman**

Crime+Investigation

156 837 133

- 6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **First 48: The Detective Speaks**
9.00 **Meet, Marry, Murder**
10.00 **Murder By Medic**
11.00 **Imperfect Murder**
12.00 **NOON Buried in the Backyard**
1.00 PM **Somebody's Hiding** Something Documentary.
2.00 **Murder Masterminds**
3.00 **Killer Britain with Dermot Murnaghan** Michael Sams.
4.00 **Meet, Marry, Murder**
5.00 **On the Case with Paula Zahn**
6.00 **Homicide: Hours to Kill**
7.00 **The First 48**
8.00 **Murder By Medic** New edition
9.00 **My Strange Arrest** New editions Double bill.
10.00 **Phrogging: Hider in My House**
11.00 **Homicide Hunter**
12.00 MT **Buried in the Backyard**
1.00 AM **My Strange Arrest**
2.00 **Phrogging: Hider in My House**
3.00 **Somebody's Hiding** Something
4.00 **On the Case with Paula Zahn**
5.00 to 6.00 AM **Imperfect Murder**
+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM **Animal Social Network**
12.00 **NOON Wild and Wonderful Denmark** Triple bill of editions.
3.00 PM **Animal Social Network**
5.00 **The Bill** Mickey Would Have Wanted It: Burnside must find evidence to catch the father of one of his old school friends..
5.30 **Blood Ties** Brind and Stamp delve into the heart of a serious domestic argument.
6.00 **You'll Be Back** Ramsey and Brind are asked to investigate a shoplifting case.
6.30 **Fort Apache-Sun Hill**: An industrial dispute by prison officers puts pressure on Sun Hill's holding cells.
7.00 **Pointless** Double bill.
9.00 **Dancing on the Edge** 2/5. Louis and the band play in front of Prince George. (S1)
10.25 **The Bill** Four episodes.
12.30 AM **Pointless** Double bill.
2.30 **Great British Railway Journeys**
3.00 **Animal Social Network**
3.50 **Wild and Wonderful Denmark**
5.30 to 6.00 AM **The Bill**
+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM **Tales from Zambia**
7.00 **Monkey Life**
8.00 **Undiscovered Vistas**
9.00 **Amazing Animal Friends**
10.00 **A Wild Year on Earth**
11.00 **Wildlife ER**
12.00 **NOON Uptown Otters**
1.00 PM **Monkey Life**
2.00 **Undiscovered Vistas**
3.00 **Amazing Animal Friends**
4.00 **A Wild Year on Earth**
5.00 **Weird, Wild and Wonderful**
6.00 **Uptown Otters**
7.00 **Monkey Life** Double bill.
8.00 **Planet Weird**
9.00 **Malawi Wildlife Rescue** Amanda meets one of the first cheetahs to be born in Malawi in 20 years.
10.00 **Uptown Otters**
11.00 **Weird, Wild and Wonderful**
12.00 MT **Wildlife ER**
1.00 AM **Arctic Secrets**
2.00 **Planet Weird**
3.00 **Malawi Wildlife Rescue**
4.00 **Undiscovered Vistas**
5.00 to 6.00 AM **Amazing Animal Friends**

WILD

165 841 182

- 8.00 AM **Yukon Vet**
9.00 **Shark Men**
10.00 **Alaska Fish Wars**
11.00 **World's Deadliest**
12.00 **NOON The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **America's Mighty Northwest**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** A flock of flamingos flutter to their pasture, and a pregnant rhino takes her keepers on a wild goose chase.
8.00 **Savage Kingdom: Uprising** The dry season has a devastating impact on the pride.
9.00 **A Pride of lions** venture into hostile territory in an attempt to escape a drought.
10.00 **World's Deadliest Whale** Documentary about the hunting tactics killer whales.
11.00 **Ice Road Rescue**
12.00 MT **When Sharks Attack** 360
1.00 AM **World's Deadliest**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: Tampa**
4.00 to 5.00 AM **Yukon Vet**

ID

154 166

- 8.00 AM **Love, Honor, Betray**
9.00 **Murder Calls**
11.00 **Where Murder Lies**
1.00 PM **Married with Secrets**
3.00 **Forbidden: Dying for Love**
5.00 **Home Sweet Homicide**
7.00 **Diabolical: Deadly Love** A case in which a burning car was found by the side of a road on the same night a mother of two was reported missing. The two events led investigators to a notorious criminal.
8.00 **The case of an air force veteran** who disappeared along with his savings. Detectives discovered a woman had been draining his accounts, then uncovered a grisly tale.
9.00 **Fatal Affairs** A deadly love triangle unfolds at a medieval re-enactment group.
10.00 **Married to Evil**
11.00 **Love Kills**
12.00 MT **Deadly Affairs**
2.00 AM **Home Sweet Homicide**
4.00 to 6.00 AM **Diabolical: Deadly Love**
+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM **Ancient Aliens**
8.00 **History's Greatest Mysteries**
9.00 **History of Weapons**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **River Hunters**
2.00 **Weird Britain**
3.00 **Clash of the Gods**
4.00 **History of Weapons**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **UFO Hunters** Reverse engineered alien technology.
8.00 **The UnXplained with William Shatner** Examining sacred relics believed to be imbued with mystical powers.
9.00 **Efforts made to preserve the soul** for eternity.
10.00 **History's Greatest Mysteries** The story of the lost fortune of the Knights Templar.
11.00 **Haunted Hospitals**
12.00 MT **Ancient Aliens**
2.00 AM **River Hunters**
3.00 **Weird Britain**
4.00 **UFO Hunters**
5.00 to 6.00 AM **The Proof Is Out There**

Discovery History

174 181

- 7.00 AM **Concorde: The Comeback**
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 **NOON Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Mysteries of the Missing**
5.00 **Mysteries at the Museum**
7.00 **Expedition Bigfoot** Russell investigates a possible Bigfoot underwater passageway.
8.00 **Concorde: The Comeback** Efforts to get the superjet back in the air following a tragic accident in France in July 2000, and the first flight after the crash from Heathrow to New York.
9.00 **Combat Dealers** Bruce travels from Plymouth to Illinois by buy and sell German hardware.
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 to 5.00 AM **Expedition Unknown**
+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Kindig Customs**
8.00 **Iron Resurrection**
9.00 **Roadworthy Rescues**
10.00 **Motor Pickers**
11.00 **Salvage Hunters: Classic Cars**
12.00 **NOON Richard Hammond's Workshop** Motoring series.
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Motor Pickers**
4.00 **Lucky!**
5.00 **Roadworthy Rescues**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Workshop**
8.00 **Lucky!** As Formula 1 grows in popularity and value, more and more people want a slice.
9.00 **Shed and Buried: Classic Cars**
10.00 **Motor Pickers**
11.00 **Shed and Buried**
12.00 MT **Lucky!**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 to 5.00 AM **Wrench'd**
+1 hour 261/272

Sky Cinema Premiere

301 401 501 515

- 6.25 AM **Timestalker** Fantasy. (2024, 15, 89min) ★★★★★
8.05 **The Garfield Movie** (2023)
9.50 **PREMIERE The Watched**
11.40 **The Line** Drama starring Alex Wolff. (2023, 15, 100min)
1.30 PM **Rob Peace** Drama. (2024, 15, 119min) ★★
3.40 **The Garfield Movie** Animation. (2023, U, 101 min) ★★
5.25 **Furiosa: A Mad Max Saga** Fantasy adventure prequel. (2024, 15, 148min) ★★★★★



PREMIERE

- 8.00 **PREMIERE The Watched** Horror starring Dakota Fanning, Georgina Campbell and Olwen Fouere. A young woman is stranded and stalked in an expansive, untouched forest in western Ireland. (2024, 15, 102min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●
10.00 **The Bikeriders** Drama starring Tom Hardy, Jodie Comer and Austin Butler. Over a decade, a motorcycle club evolves from a gathering of local outsiders to a sinister gang. (2023, 15, 116min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
12.05 **AM I Saw the TV Glow** Horror starring Justice Smith. (2024, 15, 100min) ★★
2.00 **A Place Called Silence** Chinese thriller with Eric Wang. Subtitled. (2024, 15, 119min)
4.15 to 6.15 AM **Turn Me On** Fantasy starring Bel Powley. (2024, 15, 99min) ★★

Sky Cinema Drama

310 410 510 524

- 6.40 AM **Phantom Thread** (2017)
8.55 **Aporia** As shown at 2.25am.
10.45 **Miss Potter** Biopic starring Renée Zellweger as Beatrix Potter. (2006, PG, 93min) ★★
12.25 PM **The Integrity of Joseph Chambers** Survival drama. (2022, 15, 96min) ★★
2.05 **Lost in Translation** Bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★
3.50 **Charlie Wilson's War** Satirical comedy starring Tom Hanks. (2007, 15, 97min) ★★★★★
5.40 **Defiance** World War Two action drama starring Daniel Craig. (2008, 15, 137min) ★★★★★
8.00 **Dunkirk** Christopher Nolan's drama starring Kenneth Branagh and Tom Hardy. (2017, 12, 106min) ★★★★★
9.50 **Spotlight** Oscar-winning fact-based drama starring Mark Ruffalo and Michael Keaton. (2015, 15, 129min) ★★★★★
12.05 AM **Phantom Thread** Drama starring Daniel Day-Lewis. (2017, 15, 130min) ★★★★★
2.25 **Aporia** Sci-fi drama with Judy Greer. (2023, 15, 104min) ★★★★★
4.15 to 6.10 AM **The Young Messiah** Biblical drama starring Sean Bean. (2016, 12, 111min) ★★

Sky Cinema Hits

303 403 503 517

- 6.15 AM **Jericho Ridge** Thriller. (2023, 15, 87min) ★★
8.00 **The Secret Kingdom** Fantasy. (2023, PG, 98min) ★
9.55 **Bad Boys: Ride or Die** (2024)
12.05 PM **The Scorpion King** Fantasy. (2002, 12) ★★
1.50 **Constantine** Horror thriller. (2005, 15, 121 min) ★★
3.55 **Men in Black: International** Fantasy. (2019, 12) ★★
6.00 **Bad Boys: Ride or Die** Action comedy. (2024, 15) ★★



3.55 Men in Black: International

- 8.00 **Fast X** Action adventure sequel starring Vin Diesel and Jason Momoa. Dominic Toretto and his family are targeted by the vengeful son of drug kingpin Hernan Reyes. With Michelle Rodriguez, Jason Statham and Jordana Brewster. (2023, 12, 141 min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
10.25 **Mission: Impossible – Dead Reckoning Part One** Thriller starring Tom Cruise. The IMF team race to acquire two halves of an interlocking key that can regain control of a lethal artificial intelligence. (2023, 12, 163min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
1.10 AM **Gran Turismo** Drama. (2023, 12, 123min) ★★
3.35 **Haunting of the Queen Mary** Horror. (2023, 18, 125min) ★★
5.45 to 6.35 AM **Sky Cinema Preview**

Sky Cinema Sci-fi/Horror

311 411 511 525

- 7.25 AM **The First Purge** Thriller prequel. (2018, 15, 98min) ★★
9.10 **The Purge** Horror thriller. (2013, 15, 85min) ★★
10.45 AM **A Quiet Place: Day One** Horror. (2024, 15, 100min) ★★★★★
12.30 PM **Out of Darkness** Prehistoric horror. (2022, 15, 88min) ★★
2.05 **Paycheck** Sci-fi thriller starring Ben Affleck and Uma Thurman. (2003, 12, 119min) ★★★★★
4.10 **Star Trek: Generations** Sci-fi adventure starring Patrick Stewart and William Shatner. (1994, PG, 118min) ★★
6.15 **The Nun** Horror starring Taissa Farmiga. (2018, 15, 96min) ★★
8.00 **It** Adaptation of the Stephen King chiller, starring Bill Skarsgård and Jaeden Lieberher. (2017, 15, 135min) ★★★★★
10.20 **Minority Report** Steven Spielberg's sci-fi thriller starring Tom Cruise and Colin Farrell. (2002, 12, 145min) ★★★★★
12.45 AM **Out of Darkness** (2022)
2.15 **Hannibal Rising** Thriller prequel based on the book by Thomas Harris, starring Gaspard Ulliel. (2007, 18, 116min) ★★
4.20 to 6.05 AM **Night Swim** Horror starring Wyatt Russell and Kerry Condon. (2024, 15, 98min) ★

Sky Cinema Harry Potter

306 406 506 520

- 7.30** AM **Harry Potter and the Prisoner of Azkaban** (2004)
9.55 **Harry Potter and the Goblet of Fire** (2005, 12) ★★ ★★
12.35 PM **Harry Potter and the Order of the Phoenix** Fantasy. (2007, 12, 132min) ★★ ★★
2.55 **Harry Potter and the Half-Blood Prince** Fantasy. (2009, 12, 153min) ★★ ★★ ★★
5.30 **Harry Potter and the Deathly Hallows: Part I** Fantasy. (2010, 12, 146min) ★★ ★★ ★★



5.30 ...the Deathly Hallows: Pt I

- 8.00** **Harry Potter and the Deathly Hallows: Part II** Fantasy adventure starring Daniel Radcliffe, Rupert Grint and Emma Watson. Harry, Hermione and Ron race to find the last remaining fragments of Voldemort's soul in order to defeat him. (2011, 12, 130min) ★★ ★★ ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.15** **Harry Potter and the Philosopher's Stone** Fantasy adventure starring Daniel Radcliffe as the famous boy wizard, who does not learn of his magical heritage until his 11th birthday. (2001, PG, 152min) ★★ ★★ ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.50** AM **Harry Potter and the Chamber of Secrets** Fantasy. (2002, PG, 161min) ★★ ★★ ★★
- 3.40** to **6.10** AM **Harry Potter and the Prisoner of Azkaban** Fantasy with Daniel Radcliffe. (2004, PG, 142min) ★★ ★★ ★★

- 6.10** AM **Cries and Whispers** (1972)
7.45 **Broker** As shown at 1.55am.
10.00 **Dallas Buyers Club** Fact-based drama starring Matthew McConaughey and Jared Leto. (2013, 15, 114min) ★★ ★★ ★★
12.05 PM **The Truman Show** As 8pm.
2.05 **Asteroid City** Sci-fi comedy. (2023, 12, 105min) ★★ ★★ ★★
4.05 **No Hard Feelings** Comedy. (2023, 15, 103min) ★★ ★★ ★★

Sky Cinema Awards Season

302 402 502 516

- 6.10** AM **Cries and Whispers** (1972)
7.45 **Broker** As shown at 1.55am.
10.00 **Dallas Buyers Club** Fact-based drama starring Matthew McConaughey and Jared Leto. (2013, 15, 114min) ★★ ★★ ★★
12.05 PM **The Truman Show** As 8pm.
2.05 **Asteroid City** Sci-fi comedy. (2023, 12, 105min) ★★ ★★ ★★
4.05 **No Hard Feelings** Comedy. (2023, 15, 103min) ★★ ★★ ★★
6.05 **She Came to Me** Comedy drama starring Peter Dinklage. (2013, 15, 102min) ★★ ★★ ★★
8.00 **The Truman Show** Comedy with Jim Carrey as the unwitting star of the world's longest running documentary soap opera. (1997, PG, 99min) ★★ ★★ ★★
10.00 **Promising Young Woman** Thriller starring Carey Mulligan. (2020, 15, 113min) ★★ ★★ ★★
12.00 M'T **Sunset Boulevard** Classic Hollywood melodrama. (1950, b/w, PG, 110min) ★★ ★★ ★★

- 1.55** AM **Broker** South Korean crime comedy drama. Subtitled. (2022, 12, 129min) ★★ ★★ ★★
4.10 **Cries and Whispers** Ingmar Bergman's harrowing drama. (1972, 18, 106min) ★★ ★★ ★★
5.45 to **6.45** AM Sky Cinema Preview

Sky Cinema Action

307 407 507 521

- 6.15** AM **Warcraft** Fantasy. (2016, 12, 123min) ★★ ★★
8.25 **Blacklight** As 2.35am.
10.15 **No Escape** Action thriller. (2014, 15, 101min) ★★ ★★ ★★
12.05 PM **Aquaman** Adventure. (2018, 12, 143min) ★★ ★★ ★★
2.35 **Rampage** Fantasy adventure. (2018, 12, 107min) ★★ ★★ ★★
4.30 **Kick-Ass 2** Action thriller sequel. (2013, 15, 99min) ★★ ★★ ★★
6.20 **Hancock** Action comedy. (2008, 12, 92min) ★★ ★★ ★★



10.25 Pain & Gain

- 8.00** **Wonder Woman** Fantasy adventure starring Gal Gadot and Chris Pine. An Amazon princess leaves her isolated island during World War One, aiming to bring the conflict to an end. With Connie Nielsen, Robin Wright, Danny Huston and David Thewlis. (2017, 12, 121min) ★★ ★★ ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.25** **Pain & Gain** Dark crime comedy based on the true story, starring Mark Wahlberg, Dwayne Johnson, Anthony Mackie and Tony Shalhoub. (2013, 15, 124min) ★★ ★★ ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.40** AM **Knights of the Zodiac** Fantasy drama starring Sean Bean and Mackenyu. (2023, 12, 112min) ★★ ★★ ★★
- 2.35** **Blacklight** Action thriller. (2022, 15, 104min) ★★ ★★ ★★
- 4.25** to **6.00** AM **Shrapnel** Action thriller. (2023, 15, 89min) ★★ ★★ ★★

Sky Cinema Greats

304 404 504 518

- 6.25** AM **Friendship's Death** (1987)
7.55 **Star Trek IV: The Voyage Home** Sci-fi. (1986, PG, 119min) ★★ ★★ ★★
9.55 **Star Trek V: The Final Frontier** Sci-fi. (1989, PG, 100min) ★★ ★★ ★★
11.55 **Star Trek VI: The Undiscovered Country** As shown at 9.50pm.
1.55 PM **Superman IV: The Quest for Peace** Sci-fi adventure. (1987, PG, 90min) ★★ ★★ ★★
3.35 **Blade Runner** Futuristic thriller. (1982, 15, 130min) ★★ ★★ ★★
5.35 **The Lawnmower Man** Sci-fi thriller starring Pierce Brosnan. (1992, 15, 105min) ★★ ★★ ★★
8.00 **Star Trek V: The Final Frontier** Sci-fi adventure starring William Shatner. (1989, PG, 100min) ★★ ★★ ★★
9.50 **Star Trek VI: The Undiscovered Country** Sci-fi adventure with William Shatner and Leonard Nimoy. Galactic peace is threatened when Kirk and his crew are accused of murdering the Klingon leader. (1991, PG, 109min) ★★ ★★ ★★

- 11.50** **Black Joy** Comedy with Norman Beaton and Trevor Thomas. (1977, 15, 109min) ★★ ★★ ★★
1.40 AM **The Lawnmower Man** ★★ ★★ ★★
4.10 **Friendship's Death** Sci-fi drama. (1987, 15, 78min) ★★ ★★ ★★
5.30 to **6.30** AM Sky Cinema Preview

Sky Cinema Comedy

308 408 508 522

- 7.25** AM **What Happens Later** Comedy. (2009, 15) ★★ ★★
9.15 **The Men Who Stare at Goats** Comedy. (2009, 15) ★★ ★★
10.55 **Nacho Libre** Comedy. (2006, 12, 92min) ★★ ★★ ★★
12.35 PM **The Boat That Rocked** Comedy. (2009, 15) ★★ ★★ ★★
2.55 **O Brother, Where Art Thou?** Comedy. (2000, 12) ★★ ★★ ★★
4.50 **In & Out** Comedy with Kevin Kline. (1997, 12, 91min) ★★ ★★ ★★
6.25 **Daddy Day Care** Comedy. (2003, PG, 92min) ★★ ★★ ★★



10.00 Forces of Nature

- 8.00** **Couples Retreat** Comedy with Jon Favreau, Vince Vaughn, Jason Bateman and Kristen Bell. A couple on the verge of divorce sign up for a marital retreat in the South Pacific and coerce their friends into joining them. (2009, 15, 113min) ★★ ★★ ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00** **Forces of Nature** Romantic comedy with Sandra Bullock and Ben Affleck. A mismatched couple encounter a series of mishaps as they travel across America. (1999, 12, 105min) ★★ ★★ ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.55** **She's Out of My League** Romantic comedy with Alice Eve. (2010, 15, 100min) ★★ ★★ ★★
1.45 AM **What Happens Later** Comedy. (2023, 15) ★★ ★★ ★★
3.35 **Sasquatch Sunset** Comedy. (2024, 15, 88min) ★★ ★★ ★★
5.10 to **7.05** AM **O Brother, Where Art Thou?** As 2.55pm.

Sky Cinema Animation

305 412 500 514

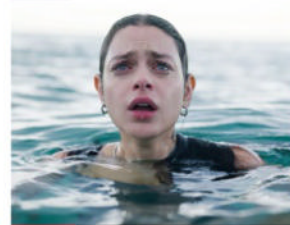
- 6.00** AM **Mia and Me: The Hero of...** Animation. (2022, PG) ★★ ★★ ★★
7.35 **Home** (2014, U) ★★ ★★ ★★
9.15 **The Angry Birds Movie** Animation. (2016, U) ★★ ★★ ★★
11.00 **The Angry Birds Movie 2** Animation. (2019, U) ★★ ★★ ★★
12.45 PM **Rock Dog 3: Battle the Beat** Animation. (2022, U) ★★ ★★ ★★
2.25 **Mia and Me: The Hero of Centopia** Animated adventure. (2022, U, 85min) ★★ ★★ ★★
4.00 **The Super Mario Bros Movie** Animation. (2022, PG) ★★ ★★ ★★
5.40 **Rugrats in Paris** Animation. (2000, U, 79min) ★★ ★★ ★★
7.05 **Spider-Man: Across the Spider-Verse** Animation. (2023, PG, 140min) ★★ ★★ ★★
9.30 **Mummies** Animated comedy. (2023, U, 88min) ★★ ★★ ★★
11.05 **Rock Dog 3: Battle the Beat** Animation. (2023, PG, 90min) ★★ ★★ ★★
12.40 AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** Animation. (2015, U, 49min) ★★ ★★ ★★

- 1.40** **Boonie Bears: Guardian Code** Animated family adventure. (2023, PG, 96min) ★★ ★★ ★★
3.25 **Scarygirl** Animated fantasy. (2023, PG, 90min) ★★ ★★ ★★
5.05 to **6.30** AM **The Adventures of Tom Thumb and Thumbelina** Animation. (2002, U) ★★ ★★ ★★

Sky Cinema Thriller

309 409 509 523

- 7.15** AM **The Bourne Legacy** Spy thriller. (2012, 12) ★★ ★★
9.35 **Three Days of the Condor** Thriller. (1975, 15) ★★ ★★ ★★
11.35 **Miami Vice** Crime thriller. (2006, 15, 133min) ★★ ★★ ★★
1.55 PM **The Saint** Big-screen version of the cult TV series. (1997, 12, 116min) ★★ ★★ ★★
4.00 **Jason Bourne** Action thriller. (2016, 12, 123min) ★★ ★★ ★★
6.10 **Dangerous Waters** Thriller. (2023, 15, 101min) ★★ ★★ ★★



6.10 Dangerous Waters

- 8.00** **Captain Phillips** Fact-based thriller starring Tom Hanks and Barkhad Abdi. Four Somali pirates hijack a US container ship, putting its veteran captain through a terrifying ordeal. (2013, 12, 129min) ★★ ★★ ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.20** **Bad Boys** Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. (1995, 15, 118min) ★★ ★★ ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.25** AM **Reindeer Games** Thriller. (2000, 15, 105min) ★★ ★★ ★★
2.15 **Drive-Away Dolls** Action comedy. (2023, 15) ★★ ★★ ★★
3.50 **Dangerous Waters** As 6.10pm.
5.40 to **6.35** AM Sky Cinema Preview

Movies 24

312 419

- 7.00** AM **Moriah's Lighthouse** Comedy. (2022, PG, 84min) ★★ ★★ ★★
9.00 **Field Day** Comedy drama. (2023, PG, 84min) ★★ ★★ ★★
11.00 **The Real West** Romantic comedy. (2024, PG, 84min) ★★ ★★ ★★
1.00 PM **A Royal Runaway Romance** Romantic comedy. (2022, PG, 84min) ★★ ★★ ★★
3.00 **A Bridesmaid in Love** Comedy. (2022, PG, 87min) ★★ ★★ ★★
5.00 **The Love Issue** Romantic drama with Alicia Dea Josipovic. (2023, PG, 85min) ★★ ★★ ★★
7.00 **An Easter Bloom** Drama starring Aimee Teegarden and Benjamin Hollingsworth. (2024, PG, 84min) ★★ ★★ ★★
9.00 **Heartstrings Attached** Romantic drama with Morgan Bradley and Chris Connell. A former musical child prodigy offers to tutor a gifted young violinist, and falls for the girl's father. (2024, PG, 90min) ★★ ★★ ★★

- 11.00** **The Attraction Test** Romantic comedy. (2022, PG, 85min) ★★ ★★ ★★
1.00 AM **Love Hacks** Romantic drama. (2022, PG, 90min) ★★ ★★ ★★
3.00 to **5.00** AM **A Nashville Legacy** Comedy. (2023, PG, 85min) ★★ ★★ ★★

Movies 24+ 315 420

Film4

313 855 428 14 300

- **Films start at 11.00am**
11.00 AM **7th Cavalry** Western. (1956, U, 77min) ★★ ★★ ★★
12.35 PM **The Siege at Red River** Western starring Van Johnson. (1954, PG, 86min) ★★ ★★ ★★
2.20 **Nothing But the Best** Black comedy starring Alan Bates. (1963, b/w, 15, 99min) ★★ ★★ ★★
4.25 **A Room with a View** Drama. (1985, PG, 115min) ★★ ★★ ★★
6.40 **Ad Astra** Sci-fi drama. (2019, 12, 123min) ★★ ★★ ★★



9.00 The Godfather

- Ad Astra** (film started at 6.40pm)
 SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.00** **The Godfather** Francis Ford Coppola's classic gangster saga of a Mafia family engaged in bloody war with rival crime families. Stars Marlon Brando, Al Pacino, James Caan, Robert Duvall, Diane Keaton, Talia Shire and John Cazale. (1971, 15, 167min) ★★ ★★ ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.35** to **3.05** AM **The Motorcycle Diaries** Road movie, an adaptation of the journal written by Ernesto 'Che' Guevara when he travelled through South America in his 20s. Stars Gael Garcia Bernal, Rodrigo de la Serna and Mia Maestro. Subtitled. (2004, 15, 126min) ★★ ★★ ★★

+1 hour 314 430 47 301

Talking Pictures

328 445 82 306

- 6.00** AM **Calling Paul Temple** Mystery. (1948, b/w, U, 92min) ★★ ★★ ★★
7.50 **Scarlet Street** Film noir thriller. (1945, b/w, PG, 101min) ★★ ★★ ★★
9.55 **The Six Men** Crime drama. (1951, b/w, PG, 66min) ★★ ★★ ★★
11.15 **The Disappearance of Flight 412** Sci-fi mystery with Glenn Ford. (1975, U, 72min) ★★ ★★ ★★
12.45 PM **The End of the Road** Drama. (1954, b/w, U, 78min) ★★ ★★ ★★
2.20 **The House Across the Lake** Drama. (1954, PG, 68min) ★★ ★★ ★★
3.50 **Look at Life** ★★ ★★ ★★
4.00 **Kings Go Forth** Melodrama. (1958, b/w, PG, 109min) ★★ ★★ ★★
6.15 **Brandy for the Parson** Comedy. (1951, b/w, U, 79min) ★★ ★★ ★★
7.50 **A Hole Lot of Trouble** Comedy. (1971, PG, 27min) ★★ ★★ ★★
8.25 **Strange But True** ★★ ★★ ★★
9.05 **Doomwatch** 8/13. (S1) ★★ ★★ ★★
10.10 **The House of the Dead** Comedy horror anthology. (1978, PG, 79min) ★★ ★★ ★★

- 11.55** **Cellar Dweller** Horror thriller. (1987, 18, 74min) ★★ ★★ ★★
1.30 AM **King Kong Lives** Monster movie. (1986, PG, 100min) ★★ ★★ ★★
3.35 **The Diamond Wizard** Thriller. (1954, b/w, PG, 83min) ★★ ★★ ★★
5.15 **Look at Life** ★★ ★★ ★★
5.30 to **6.00** AM Time to Remember

Sky Sports	Main Event
401 511 501 419 439	
6.00	AM Sky Sports News
6.30	Back Pages Tonight
7.00	LIVE NRL Manly Warringah Sea Eagles v Penrith Panthers. Kick-off 7.00am.
9.00	LIVE ICC Champions Trophy Cricket Afghanistan v South Africa. Coverage of the opening match of Group B at National Bank Stadium in Karachi, Pakistan.
5.30	PM LIVE PGA Tour Golf Coverage of day two of the Mexico Open at VidantaWorld in Vallarta.
7.30	LIVE FNF Leicester City v Brentford. Coverage of the Premier League clash at the King Power Stadium. Kick-off 8.00pm.
10.30	LIVE PGA Tour Golf Further coverage of the Mexico Open.
12.00	M/T LIVE ATP Tennis Coverage of day five of the ATP Rio de Janeiro Open from Jockey Club Brasileiro in Rio de Janeiro, Brazil.
1.30	AM Back Pages Tonight
2.00	Sky Sports News
2.30	Back Pages Tonight
3.00	Sky Sports News
3.30	Back Pages Tonight
4.00	to 6.00 AM LIVE NRL St George Illawarra Dragons v South Sydney Rabbitohs.

TNT Sports 1

410 870 527 408 430

6.00	AM Football Highlights.
8.30	LIVE Isuzu UTE A-League Newcastle Jets v Brisbane Roar.
10.30	Premier League Reload
10.45	TNT Sports Reload
11.00	Fishing: On the Bank
12.00	NOON The Football's On
1.00	PM UEFA Europa League &...
2.00	Premier League: Big Interview
2.30	Serie A – Full Impact
3.00	TNT Sports Reload
3.30	Fight Night Beterbiev v Bivol.
4.30	The Pioneers Eden Hazard.
4.45	Premier League Reload
5.00	The Fantasy Show
5.30	Isuzu UTE A-League
6.30	Premier League Features
7.30	LIVE Allianz Premiership Women's Rugby Gloucester- Hartpury RFC v Harlequins.
10.00	Champions League Magazine
10.30	UEFA Europa League & Conference League Highlights
11.30	Fight Night Bout previews.
12.00	M/T LIVE NBA Cleveland Cavaliers v New York Knicks.
2.30	AM NBA on Fire The latest news.
3.00	Isuzu UTE A-League
4.00	to 6.00 AM LIVE Isuzu UTE A-League Auckland FC v Wellington Phoenix.

TNT Sports 4

421 **876** **530** **411** **434**

6.00	AM One Day International Cricket West Indies v England.
9.00	T20 Cricket Highlights
1.00	PM LIVE World Seniors Darts Championships Coverage of the afternoon session on day three of the tournament staged at Circus Tavern in Purfleet, Essex.
5.00	Ultimate Pool Recent action.
6.30	UEFA Champions League – Classics Lyon v Rangers.
7.00	LIVE World Seniors Darts Championships Coverage of the evening session on day three of the tournament staged at Circus Tavern in Purfleet, Essex.
11.00	Premier League Legends Former Arsenal star Robert Pires.
11.30	Ultimate Pool Group Seven of the Champions League.
1.00	AM Rylan: Homophobia, Football and Me
2.00	ABB FIA Formula E World Championship Highlights
4.00	to 6.00 AM MLB Classic

Sky Sports	Premier League
402 512 502 420 440	
6.00	AM PL Greatest Games
7.00	Premier League Legends
8.00	Premier League Best Goals
9.00	Premier League 100 Club
10.00	Total Football
5.00	PM Premier League Best Goals
6.00	Premier League Preview
6.30	The Big Interview
7.00	Premier League Stories
7.30	LIVE FNF Leicester City v Brentford. Coverage of the Premier League clash at the King Power Stadium. The visitors won the reverse fixture in November 4-1 despite going a goal down inside 21 minutes. Yoanne Wissa levelled things up shortly after Leicester's opener before a 30-minute hat-trick from Kevin Schade gave Brentford all three points. Kick-off is at 8.00pm.
10.30	The Big Interview
11.00	Premier League Icons
12.00	M/T FNF Leicester City v Brentford.
12.30	AM The Big Interview
1.00	PL Retro Leicester City v Manchester United from 2014.
3.00	PL Greatest Games
4.00	Premier League Best Goals
5.30	to 6.00 AM Premier League 100 Club

TNT Sports 2

411

871

528

409

431

6.00

AM NBA Action Highlights.

6.30

TNT Sports Reload

6.45

Fight Night Beterbiev v Bivol.

7.45

WRC Review Rally Sweden.

8.45

LIVE

V8 Supercars Championship The Sydney 500 at Sydney Motorsport Park.

10.45

Formula E Highlights

12.45

PM What I Wore: Best Of

1.00

TNT Sports Reload

1.30

The Jake Dixon Diaries

3.00

UEFA Conference League

3.30

UEFA Europa League

4.30

Champions League Highlights

6.30

NBA Two match replays.

9.30

The Club That George Built

11.00

LIVE

Superbike World Championship The third free practice session from Australia.

11.30

Champions League Magazine

12.00

M/T Allianz Premiership Women's Rugby

1.00

AM Premier League Preview

1.30

TNT Sports Reload

1.45

LIVE

Superbike World Championship Coverage of the superpole session from Australia.

2.30

Premier League Preview

3.00

Peter Crouch Meets

3.15

to 6.00 AM

LIVE

Superbike World Championship

Eurosport 1

413

870

521

412

435

6.00

AM Alpine Skiing From Austria.

8.00

Winter Sport – Andrew Musgrave – Trondheim 2023

8.15

Alpine Skiing From Saalbach.

9.15

LIVE Alpine Skiing The women's slalom in Sestriere, Italy.

11.00

Biathlon From Switzerland.

12.00

Winter Sport: Mia Brookes – Copper Mountain 2023

12.15

PM LIVE Alpine Skiing The women's slalom from Sestriere.

1.30

Alpine Skiing From Austria.

2.00

Biathlon From Switzerland.

4.00

Alpine Skiing From Italy.

5.00

Biathlon From Switzerland.

7.00

Alpine Skiing From Italy.

8.00

Snooker: Welsh Open

10.00

Cyclo-Cross From Sint-Niklaas.

11.00

Cycling: Tour of Andalusia

12.00

M/T Cycling: Men's UAE Tour

1.00

AM Cycling: Tour of Algarve

2.00

Biathlon From Switzerland.

4.00

Cycling: Tour of Algarve

5.00

to 7.00 AM Cycling: Men's UAE Tour

Sky Sports	Football
403 513 503 421 441	
6.00	AM EFL Cup Retro
8.00	1983: When Aberdeen Ruled Europe Documentary.
9.00	EFL Greatest Games
10.00	Championship Season Review
11.00	Best Goals: EFL Cup 2021/22
11.30	EFL Trophy Football
12.00	NOON EFL Highlights
12.30	PM Bundesliga Weekly
1.00	EFL Highlights Championship.
2.00	Scottish Premiership
2.15	SPFL Highlights
2.30	Bundesliga Weekly
3.00	EFL Highlights
4.00	Scottish Premiership
4.15	SPFL Highlights Recent action.
4.30	EFL Highlights Championship.
5.30	Scottish Premiership
5.45	SPFL Highlights
6.00	Bundesliga Weekly
6.30	EFL Highlights
7.30	LIVE EFL Burnley v Sheffield Wednesday. Kick-off 8.00pm.
10.30	Celtic's Invincibles
11.30	EFL Greatest Games
12.00	M/T Retro League One
2.00	AM EFL Cup Highlights
2.30	EFL The 2017/18 season.
3.00	EFL Greatest Games
4.00	EFL Cup The 2019 final.
5.00	to 6.00 AM EFL Highlights

TNT Sports 3

417

874

529

410

432

6.00

AM UEFA Conference League

6.30

AM UEFA Europa League

7.30

UEFA Champions League Highlights Show Recent action.

9.30

Women's Bundesliga VfL Wolfsburg v Eintracht Frankfurt.

10.30

AS Monaco Centenary A look back at 100 years of AS Monaco.

11.30

Ultimate Pool Group Seven of the Champions League.

1.00

PM NBA A replay of Philadelphia 76ers v Boston Celtics.

2.30

NBA Another chance to see San Antonio Spurs v Phoenix Suns.

4.00

NBA Action A round-up of the latest action from the NBA.

4.30

NBA on Fire The latest news from the world of the NBA.

5.00

WRC Review A look back at the latest action from Rally Sweden.

6.00

The Fantasy Show Insight and tips ahead of gameweek 26 in the Premier League.

6.30

Fight Night Build-up to Daniel Dubois v Joseph Parker.

6.45

Sport in Focus

7.15

LIVE HSBC SVNS Coverage of the first session on the first day of the fourth round of the season staged at BC Place in Vancouver.

5.45

to 6.00 AM Sport in Focus

Eurosport 2

414

871

522

413

436

6.00

AM Snooker: Welsh Open

8.00

PCM Cycling: Tour of Andalusia

8.55

Cycling: Tour of Algarve

9.50

Cycling: Men's UAE Tour

10.50

LIVE

Cycling: Men's UAE Tour
Coverage of stage five.

12.30

PM Cycling: Tour of Flanders

1.00

LIVE

Cycling: Tour of Andalusia
The third stage.

2.40

Cycling: Paris-Roubaix

3.00

LIVE

Cycling: Tour of Algarve

4.45

Cycling: Strade Bianche

5.00

Snooker: World Open

7.00

Cycling: Tour of Andalusia

8.00

Cycling: Men's UAE Tour

9.00

Cycling: Tour of Algarve

10.00

Alpine Skiing From Italy.

11.00

World Superbikes

12.00

M/T FIA World Endurance Championship Season review.

1.00

AM EWC All Access

2.00

Cycling: Men's UAE Tour

3.00

Cycling: Tour of Andalusia

4.00

Biathlon From Switzerland.

5.00

to 6.00 AM Alpine Skiing

Sky Sports	Cricket
404 514 504 422 442	
6.00	AM Best of ICC WT20
6.30	ICC Champions Trophy Cricket
8.30	LIVE ICC Champions Trophy Cricket Afghanistan v South Africa. Coverage of the opening match of Group B staged at National Bank Stadium in Karachi, Pakistan. Afghanistan are making their debut in this competition, while the Proteas won the inaugural staging back in 1998.
5.30	PM Best of ICC WT20
6.00	ICC Champions Trophy Cricket The Group A match between Pakistan and New Zealand from National Stadium in Karachi.
7.00	The Group A match between Bangladesh and India from Dubai International Stadium in the United Arab Emirates.
8.00	WPL Action from the match between Royal Challengers Bengaluru v Mumbai Indians at M Chinnaswamy Stadium.
9.00	ICC Champions Trophy Cricket Afghanistan v South Africa.
10.00	WPL Recent highlights.
11.00	ICC Champions Trophy Cricket
1.00	AM WPL A match replay.
4.40	Ashes Greats Player profiles.
5.00	to 6.00 AM IPL

Sky Sports	Action
408 517 507 426 446	
6.00	AM NRL The 2024 Grand Final.
7.00	LIVE NRL Manly Warringah Sea Eagles v Penrith Panthers. From Leichhardt Oval in Sydney. Kick-off is at 7.00am.
9.00	LIVE NRL Wests Tigers v Parramatta Eels. At Leichhardt Oval, Sydney. Kick-off 9.00am.
11.00	Super League Highlights
11.15	NRL The 2024 Grand Final.
12.15	PM Women's State of Origin
1.00	Good Morning Football
3.00	Fight Night Joshua v Dubois.
4.00	Fight Night International
5.00	NFL Bitesize Highlights
5.30	NBC's Pro-Football Talk
7.30	LIVE Super League Warrington Wolves v Catalans Dragons. Coverage of both teams' second match of the season staged at Halliwell Jones Stadium. Kick-off is at 8.00pm.
10.15	NFL Bitesize Highlights
12.00	M/T The Insiders The latest news.
1.00	AM Fight Night Joshua v Dubois.
2.00	NFL Highlights Recent action.
4.00	to 6.00 AM LIVE NRL St George Illawarra Dragons v South Sydney Rabbitohs. Coverage from Glen Willow Oval, Mudgee. Kick-off is at 4.00am.

Sky Sports	Sky Sports+
412 518 508 427 447	
6.00	AM Sky Sports News
6.30	Back Pages Tonight
7.00	Good Morning Sports Fans
10.00	Total Football
3.00	PM LIVE ATP Tennis Coverage of day four of the ATP Doha Open.
7.00	Sky Sports News
7.30	LIVE Super League Warrington Wolves v Catalans Dragons. Coverage from Halliwell Jones Stadium. Kick-off 8.00pm.
10.15	Sky Sports News
10.30	Back Pages Tonight
11.00	Sky Sports News
11.30	Back Pages Tonight
12.00	M/T Sky Sports News
12.30	AM Back Pages Tonight
1.00	Sky Sports News
1.30	Back Pages Tonight
2.00	Sky Sports News
2.30	Back Pages Tonight
3.00	Sky Sports News
3.30	LIVE Super Rugby Hurricanes v Fijian Drua. Kick-off 3.35am.
5.30	to 6.00 AM Back Pages Tonight

Sky Sports	Golf
405 515 505 423 443	
6.00	AM LIVE LPGA Tour Golf Day two of the Honda LPGA Thailand from Siam Country Club, Pattaya.
8.00	Ladies European Tour Golf
9.00	PGA Tour Champions Learning Centre Golf tips and life lessons.
9.30	Golf's Greatest Holes
10.00	LIVE DP World Tour Golf Coverage of the second day of the Magical Kenya Open at Muthaiga Golf Club in Nairobi, Kenya.
3.00	PM LIVE PGA Tour Golf Coverage of day two of the Mexico Open at VidantaWorld in Vallarta.
9.00	LIVE PGA Tour Golf Further coverage of the Mexico Open at VidantaWorld in Vallarta, Mexico.
12.00	M/T Golf's Greatest Holes
12.30	AM HotelPlanner Tour Golf
1.00	Ladies European Tour Golf
2.00	Nick Dougherty's Tee Time Tips
3.00	PGA Tour Golf Mexico Open.
5.00	to 6.00 AM Golf Academy

Sky Sports	Tennis
407 537 520 425 445	
6.00	AM WTA & ATP Tennis
10.00	WTA Tennis Doha Open final.
11.00	WTA & ATP Tennis
1.00	PM LIVE WTA Tennis Coverage of day six of the WTA Dubai Tennis Championships from Aviation Club Tennis Centre.
5.00	LIVE ATP Tennis Coverage of the fourth day of the ATP Doha Open from Khalifa International Tennis and Squash Complex.
7.00	WTA Tennis Doha Open.
7.30	LIVE ATP Tennis Coverage of the fifth day of the ATP Rio de Janeiro Open from Jockey Club Brasileiro in Rio de Janeiro, Brazil.
1.30	AM ATP Tour This Week
2.00	Mirra Andreeva Podcast 2024
2.15	Bitesize Tennis
2.45	Tim Henman Podcast 2024
3.00	to 6.00 AM ATP Tennis

Sky Sports	Mix
416 873 510 429 449	
6.00	AM LIVE Super Rugby Chiefs v Crusaders. Kick-off 6.05am.
8.00	Super League Highlights
8.30	LIVE Super Rugby Reds v Moana Pasifika. K-o 8.35am.
10.30	Fight Night Bout replays.
12.00	NOON Fight Night International
12.55	PM WPL Action from India.
1.50	LIVE WPL Royal Challengers Bengaluru v Mumbai Indians. From M Chinnaswamy Stadium.
5.30	Super League Highlights
6.00	NFL Highlights Recent action.
7.00	Super League Highlights
7.15	Bundesliga Legends
7.20	LIVE Bundesliga SC Freiburg v Werder Bremen. At Europa-Park Stadion. Kick-off 7.30pm.
9.30	Super League Highlights
10.00	Fight Night Joshua v Dubois.
11.00	One Championship Weekly
11.30	Top Rank Boxing Archive
12.00	M/T LIVE NCAA Basketball Loyola Chicago Ramblers v Dayton Flyers. Tip-off 12.00m't.
2.00	AM Super League
4.45	NFL Bitesize Highlights
5.00	to 6.00 AM NFL Highlights

Sky Sports	F1
406 516 506 424 444	
6.00	AM Ted's Notebook
6.30	Formula 1 Singapore Grand Prix.
11.00	Ted's Notebook
11.30	Graham Hill: World Champion
12.00	NOON Formula 1 A replay of the 2024 United States Grand Prix.
4.45	PM Ted's Notebook
5.15	Ted Drives: F1 Car
5.30	Prost on Senna
6.00	Formula 1 Mexico Grand Prix.
12.00	M/T to 6.00 AM The Home of F1

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming



NEW

Goldie

Available now, Apple TV+

This new animated series features Goldie, a giant girl with a big heart, who sets off on adventures with her best friends Petey and Teeny - who are both a more normal size! - in their beloved town of Boysenburg. With 13 double episodes to enjoy, the friends help each other learn that being different is definitely something to celebrate, and that there's space for everyone in this world - even giants. Listen out for guest voices throughout the series, including Henry Winkler and Al Yankovic.





Win or Lose

First two episodes from Wed, then weekly, Disney+

From Pixar, the studio that gave us favourites including *Toy Story*, *Cars* and *Inside Out* comes this original animated series about the Pickles, a middle-school softball team, who are a week away from their championship game. In each episode, we step into the shoes of different characters - players, parents, coaches and an umpire - to experience their individual perspectives on life. With its humour and relatable characters, this really is one for everyone.

More great shows to watch this week...

Gladiators: Epic Pranks

NEW

Weekdays, CBBC & BBC iPlayer

Nitro plays hilarious pranks on his fellow gladiators, and there may be some tricks played on the audience too, in this fun companion show.

Happy Town

NEW

From Monday, Sky Kids on Demand

Former Spice Girl Mel B narrates this new animated series for pre-schoolers, in which best friends Pep the hedgehog and ladybird Tabitha leap into action whenever there's an unhappy resident in Happy Town.

Paddington in Peru

NEW

Available to buy or rent as a digital download now

The bear's latest adventure takes him all the way back to deepest, darkest Peru. See review, page 22



CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of a US actor (3,6). Answers at the bottom of the page - no cheating!



ACROSS

- 1 Cooking and chat show, Sunday ----- (6)
- 5 TV impressionist and comedian, Rory ----- (7)
- 7 US singer, Billy ----- (4)
- 8 See picture clue: Star of 2005 film *Fantastic Four*, Jessica ----- (4)
- 9 Star of 1984 romcom *Splash*, Daryl ----- (6)
- 10 *Family* -----, Channel 5 soap opera (7)
- 13 Ella -----, singer from *The X Factor* (9)
- 16 DJ and TV presenter, Mike ----- (4)
- 18 Character played by Sacha Baron Cohen (3,1)
- 19 *Keeping up Appearances* star, Dame Patricia ----- (9)
- 21 ITV period drama series with Jessica Raine (7)
- 23 Hazel -----, BBC sports presenter (6)
- 27 ----- the Merciless, *Flash Gordon* foe (4)
- 28 *Corrie* character played by Helen Worth (4)
- 29 Drummer Sir Ringo Starr's real surname (7)
- 30 Sitcom starring Leonard Rossiter, ----- *Damp* (6)

DOWN

- 2 ----- Cameron, Scottish comedian (5)
- 3 Coleen -----, *Loose Women* panellist (5)
- 4 Star of *Melrose Place*, ----- Locklear (7)
- 5 1995 children's film about a talking pig (4)
- 6 Surname of George and Mildred in the 1970s sitcom (5)
- 11 Sang the theme of 2012 film *Skyfall* (5)
- 12 1986 Whoopi Goldberg film, based on an Alice Walker novel, *The ----- Purple* (5)
- 14 ----- Cassidy, *Songbird* singer (3)
- 15 Milly Nassim in *This Life*, Amita ----- (5)
- 17 2007 crime film starring Justin Timberlake and Bruce Willis, *Alpha* ----- (3)
- 20 ----- *Point*, ITV1 drama series starring Vicky McClure (7)
- 22 Television and radio presenter, Chris ----- (5)
- 24 See picture clue: Comedian and actor, Johnny ----- (5)
- 25 TV chef, Nick ----- (5)
- 26 ----- *Dancer*, Sir Elton John single from 1972 (4)

Coming soon



Ronnie holds court

This City Is Ours

Sean Bean heads the cast of a gangland saga

FIRST LOOK

BBC1's forthcoming Liverpool-set drama *This City Is Ours* follows a dangerous criminal family and their associates.

The eight-part series, airing this spring, stars Sean Bean as gang boss Ronnie Phelan, who runs an organised-crime network with the help of friend Michael Kavanagh (James Nelson-Joyce). When Ronnie indicates that he might be retiring, Michael contemplates the future. But

Michael (James Nelson-Joyce)

trouble brews after a shipment of drugs vanishes, leaving the Phelan empire under threat.

As tensions mount, Ronnie's son Jamie (Jack McMullen), who wants to succeed his father, clashes with Michael over control of the business and how it should be run, and Michael ends up fighting to secure his dreams of a happy family life and keep Diana (Hannah Onslow), the woman he loves, safe.

Julie Graham

co-stars as Ronnie's wife Elaine, while Laura Aikman, Kevin Harvey, Saoirse-Monica Jackson and Stephen Walters also appear, along with Mike Noble, Bobby Schofield and Darci Shaw.

'It's an honour to be part of this show,' says Nelson-Joyce. 'I knew from reading the first episode that I had to take on this compelling story of crime, loyalty and love.'

'Set in the real, chilling, but mostly unseen universe of organised crime, this is a story of love, greed, ambition, and power,' adds creator Stephen Butchard. 'And what we will do to seize and hold on to that power.'

WHAT'S NEXT FOR...

Amanda Holden

The presenter will host BBC1 quiz **The Inner Circle**, where contestants answer questions before deciding which of their fellow players to team up with in order to secure a cash prize. But betrayal may await...



David Tennant

In ITV1 drama **The Hack**, inspired by the phone-hacking scandal, the actor plays investigative journalist Nick Davies, who found evidence of hacking at the *News of the World*. Robert Carlyle co-stars.



Suranne Jones

ITV1's six-part heist drama **Frauds** will see the actor as dying confidence trickster Bert, who has been in a Spanish prison for 10 years but wants to carry out one last job with friend Sam (Jodie Whittaker).



Coming Back

Marble Hall Murders, a sequel to BBC1's *Moonflower Murders*, will follow book editor Susan Ryeland (Lesley Manville) as she investigates the death of an author with help from fictional sleuth Atticus Pünd (Tim McMullan).

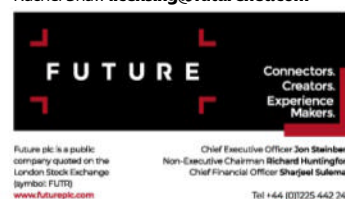


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Next week On sale Tuesday 18 February



Toxic Town

A factual drama on Netflix with Jodie Whittaker explores an environmental scandal.



Bergerac

Damien Molony stars in U&Drama's reimagining of the classic Jersey-set crime thriller.



Small Town, Big Story

In Sky Atlantic's comedy, Christina Hendricks' producer returns to her Irish home.



Berlin ER

Apple TV+'s German medical drama sees Haley Louise Jones as an emergency doctor.

WORDS: CAREN CLARK; PHOTOS: APPLE TV+, BBC, GETTY, NETFLIX, SKY, U&Drama

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